


THE NEW COOKERY

LENNA FRANCES COOPER

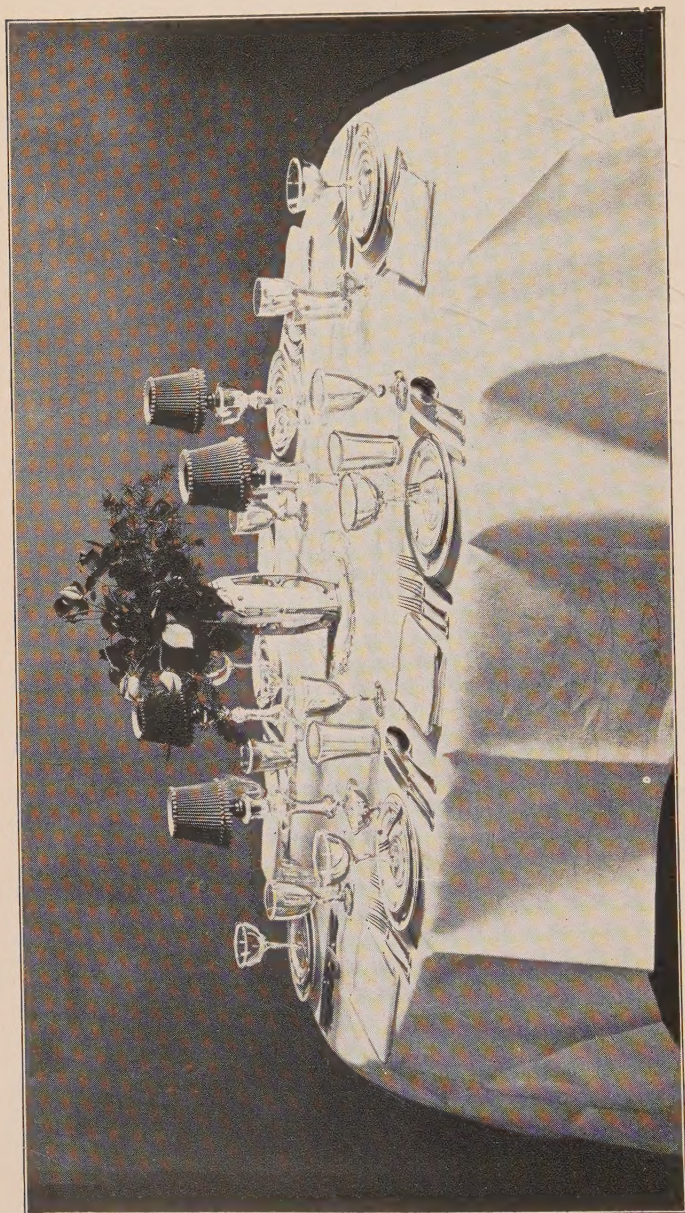
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A TABLE SET FOR DINNER

The New Cookery

By
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TENTH EDITION

REVISED

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BY LENNA FRANCES COOPER

TO MY MOTHER

"No flocks that roam the valley free,
To slaughter I condemn;
Taught by that Power that pities me,
I learn to pity them;

"But from the mountain's grassy side,
A guiltless feast I bring;
A scrip with herbs and fruits supplied,
And water from the spring."

—*Goldsmith.*

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PREFACE TO TENTH EDITION

"A good cook can vary the flavors of food as a composer varies his orchestral colors and harmonies, getting genuine artistic as well as gastronomic pleasures therefrom."—Henry T. Finck.

Almost as great artistic ability can be shown in the preparation of a meal as in the painting of a picture. Harmony of color, beauty of shape and contour, and symmetry of arrangement are all subjects for study by the housewife who lacks for opportunity of otherwise expressing her love of the esthetic. Foods thus prepared are very much more inviting, and thus more appetizing, than when served without regard for the esthetic qualities.

Housewives who have been accustomed to providing meat and other high protein dishes for their families are oftentimes at a loss to know how to prepare a well-balanced meal without these articles and at the same time serve one that is palatable and attractive. This combination of wholesomely prepared and palatable foods constitutes, in a sense, a New Cookery. It is the hope of the author that this volume may be of service to many who need a guide in that cookery which has for its object efficiency of body and mind.

The question of diet, which used to be one to which only physicians and invalids gave thought, is now recognized as one of the important, if not the most important, which the average man or woman has to consider.

Great as is the mission of healing the sick, we now realize that it is a greater mission to help people to keep well—and this is the mission of *The New Cookery*—for we

know that good health is best maintained, all other things being equal, by attention to diet.

This book is not intended as a book of recipes for invalids—though one special chapter is given to food for invalids. The thought is to suggest through its pages to the average, normal individual those foods, and their preparation, which will build for health, strength, endurance and efficiency.

Approximately one hundred new recipes have been added to this edition. The book contains practically all of the recipes now in use at the Battle Creek Sanitarium and some additional, the latter being recipes that are not practical in large quantity cooking.

The important feature of the third, fourth and present editions is the addition of a statement of the number of calories in each recipe—a feature found in no other general cook book—and a chapter on food values and menu making.

The author wishes to express her indebtedness to Dr. John Harvey Kellogg, of the Battle Creek Sanitarium, and to his wife, the late Mrs. Kellogg, both of whom have inspired her with a love for the study of foods and their scientific preparation and have been constant sources of help and encouragement. She would also acknowledge her indebtedness to Miss Clara B. Lambert, who for several years was associated with the author and has contributed to this volume both by helpful suggestions and by numerous recipes. To Mrs. Estella F. Ritter and numerous other assistants, to many friends, students and members of the staff of cooks at the Battle Creek Sanitarium, she is also grateful for contributed recipes and helpful suggestions. The author wishes also to express her appreciation of the efficient work of Miss Olivia Hollowell in the general revision of this edition.

LENNA FRANCES COOPER.

FOOD VALUES

OF the many duties which fall to the housewife, none are of greater importance than the planning and preparation of the meals. Life is maintained through the intake of air, water and food. But food must be digested before it is of avail to the body. Cooking renders food more or less digestible according to the method used and its adaptability to that particular food.

This volume is not intended as a book on dietetics, but, as there is a constant demand on the part of intelligent women for a practical and concise treatise on food values, sufficient space will be allotted to at least acquaint the reader with the terms most frequently used in discussing such subjects.

Foodstuffs serve three purposes in the body: first, they furnish material from which the body structure is built and by which it is repaired; second, they furnish material for the production of energy, which is manifested in the form of heat and work; third, they serve as body regulators.

FOOD CONSTITUENTS

The food constituents which build and repair body tissue are protein and mineral matter.

The muscle former, the protein, is absolutely essential for the building and the upkeep of the living, active tissue of the body. It is found to some extent in almost all foods, but in comparatively large quantities in lean meat, eggs, milk, cheese, nuts, the legumes and to a considerable extent in cereals. When found considerably in excess of the

amounts needed for muscle formation and repair, it is likely to give rise to intestinal putrefaction with the formation of toxic substances. It should, therefore, occur in relatively small amounts. Ordinarily, one protein dish per meal is all that should be served. This rule applies when other of the protein foods (see outline) are not used as constituents of recipes; for example, if milk and eggs are used in the preparation of two or more dishes in the meal, it is not necessary to provide any special protein dish; if baked beans are served, one would not care to serve macaroni and cheese.

Mineral matter is essential for the formation of bone and the harder tissues of the body. It is also a constituent, though found in small amounts, of the muscles, blood cells and other soft parts of the body. It is found abundantly in milk, vegetables, fruits and whole cereals. As a bone former, milk stands at the head of the list. For those who digest it well, it should enter quite largely into the dietary, particularly into the preparation of recipes. Where there are children in the family, it is all the more important that milk should be supplied abundantly.

The cereals, which include all kinds of breadstuffs, as well as breakfast foods, supply important building material for the bones. This is especially true of the whole cereal preparations. The vegetables are also rich in mineral matter. The mineral salts of vegetables are also important for the blood and tissue fluids. Therefore, both cereals and vegetables should be represented in the foodstuffs which supply the material for building the bodily tissues.

To make good rich blood, foods rich in iron are essential. Pale faces are usually due to blood low in hemoglobin. Such a person should increase the use of iron-rich foods. The foods especially rich in iron are the vegetables, particularly

spinach and the leaves of other plants—lettuce, romaine and greens of all kinds; the yolks of eggs; bran and whole cereals; the legumes (lentils, beans and peas); also fruits.

The human body is like unto a machine. The protein and mineral matter that forms muscle, bones and teeth correspond to the metals of the engine. It is powerless to move, however, unless it is supplied with fuel. The food constituents which furnish material for heat and work are the fats, carbohydrates and protein.

The fats are the greatest heat producers among food-stuffs. An ounce of fat produces about two and one-fourth times as much energy as any other food constituent. Fats are found abundantly in the adipose tissue of animals, in milk and butter, in egg yolks, in olives, in nuts and in the seeds of various plants, such as the cotton seed.

The carbohydrates consist of two great classes of food-stuffs,—starches and sugars. The starches are found abundantly in all cereals, in potatoes and a few other vegetables. The sugars abound in fruits, in the sugar cane and sugar beet, and in the sap of the maple tree. The sugars and starches, on account of their abundance, are the most common sources of energy.

The starches should make up the bulk of the fuel foods. A large amount of fat interferes with digestion; hence it should be used moderately. The sugars, particularly the commercial varieties, should also be used moderately. An excess of cane sugar not only cloyes the appetite, but is very likely to cause digestive disturbances.

Proteins play a double role in the body. They serve both as sources of structural material and as sources of energy, their chief function being that of muscle building. The fuel value of foods expressed in terms of calories is an important consideration. Both over-eating and under-

eating are attended by serious consequences. The housewife should know at least approximately that her family is being properly nourished.

The "balancing" or the mathematical planning of menus is ordinarily a rather difficult task and one which consumes more time than the housewife can afford to give to it. An attempt has been made to so simplify the problem that the bill of fare may be balanced either for a single person or for a family in a few moments. In planning the family bill-of-fare it is only necessary to add the caloric value which appears at the end of each recipe, or such portions of the recipe as have been used, and to this add the materials which have not entered into the composition of the recipes. Below is given an example of a balanced family bill-of-fare planned for a family of five consisting of two adults and three children with the following requirements:

Man at light muscular exercise.....	3000	Calories
Woman at light muscular exercise.....	2400	"
Boy, 17	2500	"
Girl, 13	2000	"
Child, 6	1700	"
	<hr/> 11600	

BALANCED FAMILY MENUS

	BREAKFAST			Total
	Protein	Fat	Carbo- hydrate	
5 Oranges	25	15	330	370
1 Recipe Rolled Oats	57	46	226	329
$\frac{3}{4}$ Recipe Graham Muffins.....	122	211	625	957
3 Ounces Butter	6	648	—	654
1 Pint Minute Brew.....	2	2	16	20
1 Cup Cream	23	377	41	441
2 Tablespoons Sugar	—	—	114	114
$1\frac{1}{2}$ Pints Milk	96	261	146	501
Total	<hr/> 331	<hr/> 1560	<hr/> 1498	<hr/> 3386

DINNER

	Calories			Total
	Protein	Fat	Carbo- hydrate	
$\frac{3}{4}$ Recipe Vegetable Soup with Noodles	71	388	457	916
$\frac{1}{2}$ Recipe Escalloped Eggs	119	512	184	815
$\frac{1}{2}$ Recipe Mashed Potatoes	47	82	345	474
$\frac{1}{2}$ Recipe Cabbage Salad	22	194	90	306
3 Ounces Butter	6	648	—	654
$\frac{1}{2}$ Loaf Graham Bread	81	37	473	591
1 Pint Milk	64	174	96	334
$\frac{1}{2}$ Recipe Baked Caramel Custard	88	227	465	780
Total	498	2262	2110	4870

SUPPER

1 Recipe Creamed Peas	120	171	279	570
1 Recipe Hashed Brown Potatoes	55	235	425	715
$\frac{1}{2}$ Loaf Bread	81	37	473	591
3 Ounces Butter	6	648	—	654
$1\frac{1}{2}$ Pints Buttermilk	80	32	132	244
$\frac{1}{2}$ Recipe Pineapple Tapioca	1	8	779	788
Total	343	1131	2088	3562

TOTALS FOR THE DAY

Breakfast	331	1560	1498	3386
Dinner	498	2262	2110	4870
Supper	343	1131	2088	3562
Total	1172	4953	5696	11818

One must remember that it is not necessary that the menus should balance exactly each day or each meal. To a certain extent one may make up in one meal that which was lacking in the preceding meal, though an attempt should be made to keep fairly well to the normal. For every-day purposes the most important thing is to see that the protein constituent does not exceed one-tenth of the total calories. Under normal conditions, it is rarely necessary to calculate the fat and carbohydrate columns.

To balance the menu for the individual (which is much

more exact than for the family) one should have a pair of scales for weighing the servings. With a little experience, however, one becomes so accustomed to the size of the servings that it is not necessary, under ordinary circumstances, to weigh them. To balance a menu for an individual, proceed the same as for the family, except that the calories in a serving are used instead of the calories in a recipe (See sub-heading, "Measuring Food Values"). An example of an individual menu is given below:

BALANCED INDIVIDUAL MENUS

BREAKFAST

		Calories			
		Protein	Fat	Carbo- hydrate	Total
Orange	5 oz.	5	3	66	74
Hominy Grits	4½ oz.	42	7	403	452
Milk (whole)	4 oz.	15	41	23	79
Eggs in Cream	2½ oz.	31	89	4	124
Toasted whole wheat bread	1 oz.	11	2	56	69
Minute Brew	1 oz.	1	1	8	10
Cream	2½ oz.	6	106	11	123
Butter	1 oz.	1	108		109
Total		112	357	571	1040

DINNER

Potato Chowder	4¾ oz.	12	50	44	106
Macaroni Au Gratin	3 oz.	19	70	25	114
Scalloped Corn	3 oz.	12	60	63	135
Spinach	3 oz.	7	51	9	67
Fruit Salad	2¼ oz.	3	5	61	69
Queen of Pudding	3½ oz.	18	55	101	174
Whole Wheat Bread	1 oz.	11	2	56	69
Butter	½ oz.	1	108		109
Total		83	401	358	843

SUPPER

		Calories			
		Protein	Fat	Carbo- hydrate	Total
Asparagus on Toast	3 oz.	14	85	67	166
Breaded Tomatoes	3½ oz.	7	15	32	54
Olives	1⅓ oz.	2	71	5	78
Graham Bread	1 oz.	10	5	59	74
Butter	½ oz.	1	108		109
Cocoa	4 oz.	15	42	52	109
Total		49	326	215	590

TOTALS FOR THE DAY

Breakfast	112	357	571	1040
Dinner	83	401	358	843
Supper	49	326	215	590
Total	244	1084	1144	2473

The third class of food-stuffs, the body regulators, must also be kept in mind. They are cellulose, mineral salts, vitamins and water. Cellulose is found in all vegetables, in fruits and in cereals, especially in the outside layer, or the bran of cereals, and the coarser vegetables. Foods lacking in bulk, cellulose, are constipating; white flour preparations, rice and cooked milk are particularly so. When these foods are used excessively in the diet, one should see that the bulk is made up in some other way. This may be accomplished by supplying an abundance of fruit or coarse vegetables, and by adding bran or at least some whole wheat preparation to the diet.

Mineral salts are valuable not only as constituents of body tissue, but in a marked way regulate bodily activities, such as contraction of muscular tissue, irritability of nerve structure, and supply important constituents of the digestive juices and other secretions of the body. They are also essential to the normal functioning of the blood.

Vitamins regulate to a marked degree the growth of

the body and the maintenance of health. They are recently discovered substances, at least five in number, all of which occur in almost infinitesimal amounts but are absolutely essential to life. Each has its own particular function to play, but most of them are rather widely distributed in the natural food-stuffs. They are found most abundantly in fruits, vegetables, whole cereals, eggs and milk, particularly in the butter fat. The leafy vegetables are especially rich in several of the vitamins. Animal tissues are poor in vitamins, with the exception of the liver, kidney and other glandular organs. Cod-liver oil is especially rich in the vitamin which prevents rickets. Most of the vitamins are little affected by ordinary cooking temperatures. Prolonged heat, however, does decrease the efficiency somewhat. The antiscorbutic vitamin (the scurvy preventing) is, however, easily destroyed by cooking temperatures. Inasmuch as it occurs most abundantly in fruits and vegetables, it is important that at least two meals of the day should contain some uncooked fruit or vegetable.

Water is an important body regulator since it is an important constituent of all tissues of the body, particularly of the blood stream, and thereby makes possible an exchange of digested food material for wornout materials, or waste, of the body. About two-thirds of the body weight is water. Water is not only a large constituent of the body tissues, but of most foodstuffs as well.

In planning the family dietary, the children must be given important consideration. It must be remembered that children must have plain, simply prepared wholesome food. Under ordinary circumstances, the children's dietary should form the basis of the meal. Additional articles may be provided for the grown-ups, thus supplying the needs of both the children and adults from practically the same

dietary. Well cooked cereals, mashed vegetables and cooked fruits, together with the occasional use of eggs, and an abundance of milk, should form the basis of a child's diet. Coarse vegetables, seedy fruits, foods that are difficult to digest, such as pickles, hot condiments and spices, rich pastries and fried foods should have no place in the children's menu. Foods that are difficult to masticate, such as nuts and hard-boiled egg-whites, should also be avoided. To summarize: The following rules may be given for the planning of the family dietary:

1. Use sparingly of foods that are rich in protein, and do not use more than one "protein-rich" food per meal; do not provide a special protein-rich dish if milk and eggs or other protein-rich foods are used freely in the preparation of recipes.

2. Milk should form an important part of the family dietary. One quart a day should be purchased for each child, and an additional quantity, approximately a pint, for each adult. This allowance takes care of the amount used for cooking as well as for beverage.

3. Serve some kind of bread or cereal with each meal. Serve potatoes once or twice a day.

4. Serve a fruit or vegetable (other than potatoes) with each meal.

5. Serve some fat each meal, preferably in the form of butter, cream or olive oil. Two squares of butter per meal (one level tablespoonful to the square), exclusive of a moderate amount used in the preparation of dishes, is an ample allowance for an adult.

6. The bulk of the menu should be made up of potatoes, rice, macaroni, cooked vegetables, salads and simple desserts. (These need not all appear on any one menu).

After the menu has been thoughtfully planned, see that

it is as carefully executed. It is highly important that food should be served appetizingly, both in taste and appearance. When the meal is prepared and served, no further thought should be given it. The conversation during the meal hour should be of the most cheerful nature, since nothing affects digestion more favorably than a happy frame of mind. "Now Good Digestion Wait on Appetite, and Health on Both."

MEASURING FOOD VALUES

From the above it will be seen that one of the chief offices of food-stuffs is to serve as a source of energy. Because of this function, which is common to so many food constituents, the production of heat and energy has come to be a means of comparison. In order that the comparison may be made quantitatively, a measure must be provided; and as heat cannot be measured by any of the common measures, as pints or pounds, a standard has been established by which its accomplishment is determined. This measure has been termed a calory, which, technically speaking, is the amount of heat required to raise one pound of water 4° F. This determination is made in an instrument called a calorimeter. When a definite amount of food is burned in a calorimeter the water within this instrument is heated. The rise in temperature, divided by four, is the number of calories of heat produced thereby.

When foods are burned in the body they are found to produce practically the same amount of heat as when burned in the calorimeter. These heat-units,—are produced by each of the principal food constituents,—protein, fat and carbohydrate.

The number of calories needed per day varies chiefly with the age, size and occupation of the individual. A man

of medium size, one hundred and fifty pounds, doing sedentary work will require about 2,300 calories each day, while a man doing strenuous muscular work may require double that amount.

A woman doing an equal amount of muscular work as a man will require about eight-tenths as many calories; a boy fourteen to seventeen years of age will require approximately 2,500; a girl the same age two to three hundred calories less; a boy ten to thirteen years of age, 2,300 calories; a girl ten to thirteen years of age, 2,000 calories; a child six to nine years of age, 1,700 calories; a child two to three years of age, 1,300 calories. Very active boys and girls may require more than the above number.

An ideal distribution of the fuel value is approximately one-tenth protein, three-tenths fat and six-tenths carbohydrate. In a dietary of 2,400 calories this would be 240 protein, 720 fat and 1,440 carbohydrate.

In a medium-sized family of two adults and three children 9,000-13,000 calories are needed daily.

CALORIC VALUE OF EACH RECIPE

In this volume the caloric value of each recipe is given, also the value of a medium-sized serving.

The housewife who wishes to be assured that her family is being sufficiently nourished, and yet has little time for computation, will find that the addition of the calories of the whole recipes used will ordinarily be sufficiently accurate. It will also be advisable to add the protein of each recipe, as it is important that it should not greatly exceed ten per cent of the total. In the preparation of food for the sick the calories per serving will be used more generally than the calories per recipe.

In computing the food values the percentage of the food constituents are taken from Bulletin Number 28, Office of Experiment Station, U. S. Department of Agriculture. The factors used in computing the caloric value are those recommended by Sherman, and are as follows: Protein, 4 calories per gram; fat, 9 calories per gram; carbohydrate, 4 calories per gram. The food calories are based on the edible portion only.

In determining the caloric value of a serving the computation is made upon the net weight of the finished product, which has been determined by weighing the preparation after it has finished cooking. The moisture lost by evaporation varies somewhat, even in the same recipe. The time of cooking, and the temperature at which the product is cooked, make some variations, but the weights used represent the average. The weight of a serving, multiplied by the number of servings, will seldom equal the total weight of materials put into the recipe, unless the product is an uncooked one.

TABLE OF FOOD VALUES

Fruits, Vegetables, Nuts, Cereals and Dairy Products

Oz. per Serving		Calories per Serving			Total
		Protein	Fat	Carbo- hydrate	
¼	Almonds	6	35	5	46
5½	Apples	2	7	89	98
6	Apple Juice	0	0	102	102
3	Apricots	4	0	46	50
3½	Bananas	5	5	87	97
3	Beet Greens	7	26	11	44
3	Blackberries	4	8	37	49
6	Blackberry Juice	0	0	102	102
2¼	Blueberries	4	8	37	49
6	Blueberry Juice	0	0	102	102
4½	Blueberry Sauce	3	9	65	77
½	Brazil Nuts	10	85	4	99
½	Butter	1	108	0	109
6	Buttermilk	20	8	33	61
6½	Cantaloup	2	0	34	36
2	Celery	2	1	7	10

Oz. per Serving		Calories per Serving			Total
		Protein	Fat	Carbo- hydrate	
½	Cheese, Yogurt	10	41	2	53
½	Cheese, American (Pale)	16	46	0	62
2¼	Cherries	3	5	43	51
3	Cherry Sauce	4	1	72	77
¾	Corn Flakes	5	3	69	77
1	Cracker, Oatmeal	13	28	79	120
2¼	Cream	6	106	11	123
2	Cucumbers	2	1	7	10
3	Currants, Red	5	0	44	49
1	Currant, Jelly	1	0	102	103
3	Dandelions	8	8	36	52
1¾	Dates	4	11	140	155
½	English Walnuts	10	82	7	99
2	Figs	1	16	159	176
½	Filberts	9	83	7	99
1¼	Granola	19	3	105	127
½	Granose Biscuits	5	1	42	48
¾	Granose Flakes	7	1	66	74
3¾	Grape Fruit	3	2	44	49
6	Grape Juice	0	0	170	170
5	Grapes	6	15	82	103
4½	Hominy Grits	42	7	403	452
1½	Honey	1	0	138	139
1¼	Lettuce	2	1	4	7
1¼	Malted Nuts	34	88	62	184
1	Maple Sugar	0	0	94	94
1¼	Maple Syrup	0	0	101	101
2¼	Meltose	4	1	171	176
6½	Milk, Skimmed	25	5	38	68
6	Milk, Whole	22	61	34	117
⅞	Nut Butter (Peanut)	29	104	17	150
⅓	Olive Oil	0	85	0	85
1⅓	Olives, Ripe	2	71	5	78
5	Orange	5	3	66	74
4	Peaches, Fresh sliced	3	1	43	47
¾	Peanuts	22	74	21	117
4	Pears	3	5	64	72
4	Pears (Canned)	1	3	82	86
½	Pecans	5	90	9	104
½	Pine Nuts	19	63	4	86
4	Pineapple (Fresh)	2	3	44	49
3½	Pineapple Sauce	2	6	144	152
4	Plums	5	0	91	96
2¾	Plum Sauce	3	0	99	102
¾	Prune Sauce	2	1	95	98
3¾	Quince Sauce	1	3	91	95
1	Radishes	1	0	7	8
1	Raisins	3	8	86	97
3	Raisin Sauce	6	18	176	200

Oz. per Serving		Calories per Serving			Total
		Protein	Fat	Carbo- hydrate	
4	Raspberries, Black	8	10	57	75
3¼	Raspberries, Red	3	0	43	46
3¼	Raspberry Sauce, Black	5	7	89	101
3¼	Raspberry Sauce, Red	4	0	71	75
1	Rice Biscuit	9	0	93	102
4	Strawberries	5	6	34	45
3½	Strawberry Sauce	3	0	95	98
⅓	Sugar (Granulated)	0	0	23	23
4	Tomatoes	4	4	18	26
8	Watermelon	2	2	24	28
½	Whipped Cream	1	24	3	28
6	Yogurt Buttermilk	25	51	21	97

MEAT AND FISH

2½	Beef, Roasted	67	177	0	244
2¼	Beef, Round (medium fat)	52	78	0	130
6	Bouillon	15	2	1	18
3¼	Chicken, Broilers	79	21	0	100
3¾	Clams	37	9	9	55
5	Codfish, Salt	144	4	0	148
2¾	Goose	51	254	0	304
3	Halibut (Steak)	63	40	0	103
2	Lamb Chops	49	153	0	202
3½	Lamb Leg (Roast)				
	Medium Fat	76	147	0	223
3	Liver (Veal)	65	41	0	106
2	Lobsters	37	9	1	47
2½	Mutton (leg, medium fat)	52	115	0	167
3½	Oysters	25	11	15	51
1	Pork (Bacon)	12	165	0	177
2¼	Pork (Boiled Ham)	52	129	0	181
3	Pork (Chops, Med. Fat.)	46	185	0	231
2¼	Salmon. Canned	40	43	0	83
2¼	Shad—fresh whole	48	54	0	102
1¾	Trout, Fresh	35	46	0	81
1¾	Turkey	30	73	0	103
2½	Veal Loin (Med. Fat)	56	69	0	125

THE ART OF PREPARING FOODS

COOKERY is the art of preparing foods by means of dressing or the application of heat. Cookery includes the preparation of foods without heat. Fresh fruits, nuts, frozen dishes, salads, fruit beverages and some vegetables are prepared without the aid of heat. Dried cereals and most vegetables as well as some fruits are rendered more easily digestible by cooking. We are continually learning through scientific research the necessity of including in the bill of fare a more liberal share of natural food-stuffs which have not been subjected to the chemical changes produced by boiling or baking temperatures.

Heat is a result of combustion, a chemical process by which oxygen is united with other substances. The term combustion, as usually applied, means a rapid union of oxygen with some combustible substance, whereby heat and light are produced, such as occurs when wood or coal is ignited.

Oxygen is one of the eighty or ninety elements out of which all of the material universe is made. It is an invisible gas, in which substances burn readily, but which of itself does not produce heat, although it is absolutely essential to combustion. It is the active constituent of the air, hence a draft—air—is necessary for heat production in a stove or range.

A fuel is a substance which unites with oxygen to produce heat. All fuels contain carbon in large quantities and hydrogen and oxygen in considerable quantities. The amount of heat produced by a fuel is dependent upon the quantity of carbon and hydrogen present. Carbon is the

essential element in all of the solid and semi-solid fuels, as well as a component part of the liquid and gaseous fuels. Charcoal and coke are almost pure carbon; anthracite coal is about ninety per cent carbon. Hydrogen forms an important part of all of the gaseous fuels, and also enters into the composition of all the solid and semi-solid fuels with the exception of charcoal, coke and pure anthracite.

TO BUILD A FIRE

It is quite as important that the cook should understand the mechanism of her stove as that an engineer should understand his machine. Before using the stove the covers **should be removed, doors opened, and a thorough inspection made to discover where the dampers are located, how they operate, etc.** The essential parts of a stove are a **fire-box, grate, ash-box, stove pipe, oven and dampers for drafts.** The door below the fire-box is the opening for the admission of oxygen. There is also an oven damper, a damper in the stove pipe and a damper at the top of the fire-box opening into the fire.

The greater the amount of oxygen admitted, the greater is the amount of heat produced; hence, when starting a fire the oxygen-draft, or door below the fire-box, as well as the damper in the stovepipe is opened, thus creating a direct draft. To quickly reduce the heat, close the damper in the stovepipe, shut off the oxygen-draft and open the check-draft, which is in front of the stove and just above the oxygen-draft. For baking, close the oven damper, thus forcing the heated air around the oven before it enters the pipe. The oven is a metal box surrounded by a space through which the heat travels. The metal is a good conductor and allows the heat to penetrate its walls, thus imparting it to the foods which the oven contains.

STRUCTURE OF THE GAS FLAME

The gas flame consists of three distinct portions. The inner, which is almost invisible, consists of the unburned gas which comes in a constant stream, due to the pressure of the gas system. Surrounding this inner portion is a luminous section which consists of carbon particles heated to the point of luminosity by the ignited hydrogen. The outer portion of the flame forms an almost invisible sheath consisting of the burned particles of carbon and the hydrogen. The inner or dark portion gives rise to no heat. The luminous portion supplies some heat, but the greater amount of heat is supplied by the outer, the almost invisible section. When more gas is supplied than can be oxidized, the carbon particles of the gas are only partially oxidized, and hence produce a yellow flame rather than a blue one. This is due to too great pressure or an amount of air insufficient for combustion. The gas flame must have oxygen as well as any other flame. This is admitted through a small opening called the mixer, which is placed a short distance from the flame. If a sufficient amount of oxygen is admitted through the mixer, it is possible to oxidize all of the carbon particles so that the luminous portion is omitted entirely. This then produces the blue flame, so much desired for heating purposes.

TO LIGHT THE TOP BURNER OF A GAS RANGE

Light the match; turn the gas on full; apply the match and regulate the flame. If the gas burns yellow, turn it off at once. Turn on, allow the gas to flow a few seconds and relight.

TO LIGHT GAS OVEN BURNERS

Open both doors of stove. Light match. Turn on middle burner or lighter at side of stove and apply match quickly close to the stove. Turn on the two side burners. Turn off the middle burner. Look in broiling oven to see if properly lighted. Close the oven door. Close the broiler door slowly. It is important to take the precaution of opening both oven doors before applying the match, as gas sometimes escapes into the oven, causing an explosion when the match is applied.

To regulate the heat of the oven turn the gas on full for five or six minutes, or until the oven reaches the desired temperature, then turn the burners partly off. Always allow at least ten minutes for regulating the temperature of the oven.

METHODS OF COOKING

The methods of cooking are boiling, stewing, steaming, pressure cooking, broiling, baking, frying, sautéing, braising, fricasseeing and fireless cooking.

Boiling is cooking in water at a temperature of 212° F. This temperature is indicated by the bubbling which takes place as the steam and watery vapor are given off. The escape of steam means loss of heat. It is impossible by the ordinary methods of cooking to raise the temperature of water above 212° F. An excess of heat escapes in the steam which is given off, hence it is not economical to cook foods violently, as rapidly boiling water conveys no more heat to the foods than that which is bubbling gently. Foods are said to simmer at about 185° F. This is indicated by a slight bubbling.

Stewing is cooking slowly in a small amount of water for a long time.

Steaming is cooking in contact with steam at 212° F. This is usually accomplished by placing the food receptacle in a colander, which in turn is set over a vessel of boiling water. The colander is then covered to prevent the escape of the steam. Steamers are used for the same purpose. Foods are also said to be steamed when cooked in a double boiler which is sometimes known as dry steaming. Foods cooked in the inner portion of a double boiler never boil, but may reach a temperature of 200° to 206° F.

Pressure-cooking is cooking by means of steam which is under pressure, the pressure ranging from five to thirty pounds, with a temperature corresponding to the pressure, ranging from 228° to 274° F. A special cooker is required. Because of the high temperatures, the cooking is accomplished in much shorter time than by boiling.

Broiling is cooking over or before a clear fire or glowing coals. Broiling may also be done under gas. The food to be broiled is usually placed on the broiler and laid near the fire. The object is to first sear the outside in order to prevent the escape of the flavor and juices, then a lower temperature is maintained to penetrate to the inner portion of the food. The food to be broiled must be turned frequently to prevent the escape of the juices.

Pan Broiling is an adaptation of this method to modern methods of cooking. This is accomplished by placing the food on a hot griddle with only sufficient fat to prevent sticking. The food must be turned often, as for broiling.

Roasting is also cooking before a clear fire much the same way as in broiling. This method has given way almost entirely to baking, though we still use this term when applied to certain foods cooked in the oven.

Baking is cooking in the oven. Different temperatures are needed for the cooking of various kinds of foods. A

slow oven is approximately from 275° to 350° F., a moderate oven 350° to 400° F., a quick oven 400° to 475° F.

Frying is cooking by immersing in hot fat. The temperatures should vary according to the variety of food used. Foods prepared in this way are much less digestible than when prepared in almost any other way. This is due both to the effect upon the fat and the effect upon the food constituents. Fats subjected to the high temperatures for frying are somewhat changed and made less digestible. There is some uncertainty as to just what changes take place, but the probabilities are that the fats are broken down into the two component parts, a fatty acid and glycerine. Acrolein is also formed when the fat is overheated. The fumes which irritate the eyes and the nasal passages when standing near frying fat are due to this substance. Starches subjected to the heated fat are undoubtedly more or less saturated with it, thus delaying their digestion until the fat has been digested. Fats are attacked only by the bile and pancreatic juices, hence the starches are unduly delayed in their digestion when saturated with fat. Protein is hardened and made less digestible by the high temperatures, hence foods cooked in frying fat are made less digestible by the changes which take place both in the fats and in the foods.

Sautéing is cooking in a small quantity of fat. Foods prepared in this way are considered even less digestible than when fried. This method is frequently called frying, though improperly so.

Braising is a combination of stewing and baking.

Fricasseeing is a combination of sautéing and stewing.

Fireless Cooking is a combination of boiling and cooking by conservation of heat. This is accomplished by insulated receptacles, which are so constructed as to prevent the radiation of heat. Foods are first brought to the boiling

point and then placed in the insulated receptacle. The remainder of the cooking is accomplished by the heat which is retained, because of the non-conducting substances surrounding the receptacle.

COMBINATION OF INGREDIENTS

Food materials are mixed by one of three methods,—stirring, beating or folding.

Stirring is accomplished by a rotary motion of the arm.

Beating is a rapid rotary movement of the forearm by which the ingredients are turned over and over, the ladle or spoon touching the bottom of the utensil at the end of each stroke made by the hand. This movement is for the purpose of incorporating air.

Folding is accomplished by means of a spoon or an egg whip. The spoon or whip is first put down vertically through the materials (this process is sometimes known as cutting), then is brought up again, freed by gently shaking and put down again, the whole process being repeated several times, or until the materials are well blended. This method is used where it is desirable to prevent the escape of air previously incorporated by beating.

Kneading is the name applied to the method of mixing flour into a dough too stiff to mix further with knife or spoon. It consists of making pressure with the hand upon the mass of dough in such a way as to stretch it and at the same time incorporating the desired amount of flour.

EXACT MEASUREMENT

Exact proportions, or correct measuring, is as essential to good cooking as to the work of the chemist. The cook is dealing with chemical combinations as truly as is the pharmacist or chemist.

The following articles are necessary for measuring: half-pint measuring cup divided into fourths and thirds, a tablespoon and case knife. *Exact measurements* call for *level measurements*.

The tablespoon and teaspoon should be the regulation size. Sets of measuring spoons may be bought at stores where kitchen furnishings are kept. Sixteen tablespoons make one cup. To measure a *cupful*, fill to a little more than the brim by placing materials into the cup with a spoon, never dragging the cup through dry materials. With the cutting edge of the knife brush off all materials which are piled above the brim. Do not shake the cup to level the materials. For measuring liquids fill just to the brim.

To measure a *tablespoonful*, fill the spoon rounding or heaping full, and with the cutting edge of the knife brush off all that extends above the edge of the spoon. If one-half tablespoonful is desired, divide the contents of the spoon lengthwise and push off one-half. If one-fourth is wanted, divide the remaining half crosswise of the spoon and push off the portion not desired. If one-eighth is desired, divide the remaining one-fourth crosswise and push off the portion not needed. If one-third of a spoonful is desired, divide the contents of the spoon crosswise into thirds, pushing off the undesired portion. The *teaspoonful* is measured in the same way.

To measure spoonfuls of liquid dip the spoon into the liquid.

MEASURING



MEASURING

To measure butter or other solid fats, pack solidly into the measure and level same as for dry materials.

It may sometimes be necessary to vary the recipe somewhat, owing to the variation in the materials. Recipes in which flour plays an important part are only guides, as different grades of flour require varying amounts of liquid. Recipes in which eggs are a chief constituent may also be varied according to the size of the eggs. Materials which pack, such as flour, powdered sugar, corn meal, etc., should be sifted or stirred before measuring.

TABLE OF WEIGHTS AND MEASURES

3 teaspoons1 tablespoon
16 tablespoons1 cup
$\frac{1}{2}$ cup1 gill
2 cups1 pt.
4 cups1 qt.
2 pints1 qt.
4 quarts1 gal.
1 tablespoon butter $\frac{1}{2}$ oz.
1 tablespoon liquid $\frac{1}{2}$ oz.
1 tablespoon flour $\frac{1}{4}$ oz.
1 tablespoon sugar $\frac{1}{2}$ oz.
1 tablespoon cornstarch $\frac{3}{8}$ oz.
1 cup liquid8 oz.
1 cup flour4 oz.
1 cup butter8 oz.
1 cup sugar8 oz.
1 cup cornstarch6 oz.
1 cup cornmeal5 oz.
1 cup chopped vegetables4-6 oz.
1 cup shredded cocoanut4 oz.
1 cup currants6 oz.
1 cup seeded dates6 oz.
1 egg1 $\frac{1}{2}$ oz.
1 egg-yolk $\frac{1}{2}$ oz.
1 cup molasses10 oz.
1 cup Meltose10 oz.
1 cup chopped nuts4 oz.
1 cup rolled oats3 oz.

BEVERAGES

A BEVERAGE is a flavored drink, the chief constituent of which is water. Since the body requires from four to five pints of water daily, a beverage is wholesome, providing it contains no deleterious substances.

Unfortunately our common beverages,—tea, coffee and chocolate,—each contain a stimulant which affects both the nervous system and the heart. They also contain tannin, an astringent, which retards digestion.

Chocolate and cocoa contain less of the objectionable qualities than tea and coffee.

Fruit juices in various combinations, cereal coffees, Kaffir tea, sassafras tea, etc., give delightful flavors and form refreshing drinks.

Milk preparations represent the more nourishing of the beverages.

MINUTE BREW

1-2 teaspoons Minute Brew

1 cup boiling water

Place the Minute Brew in the cup and pour the boiling water over it. Serve at once with cream and sugar as desired. All soluble cereal coffees are prepared in the same manner. The quantity may be varied to suit the taste.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	2	2	16	20
Calories in a serving (4 oz.) . . .	1	1	8	10

KAFFEE HAG

Follow any authentic recipe for making coffee. Use one to two tablespoons of Kaffee Hag to a measuring cup of water.

For boiled coffee, put the Kaffee Hag in a coffee pot; add about a teaspoonful or more of egg-white, pour in a quarter to one-half cup of cold water; stir altogether to thoroughly mix the egg-white with the grounds. Pour in the required amount of boiling water. Let come to the boiling point, then set on the back of the range for a few minutes. Before serving, add a quarter of a cup of cold water.

Long cooking destroys the flavor and the aroma.

If a percolator is used, put the Kaffee Hag in the strainer and pour the required amount of boiling water over the grounds. Place over the flame and allow the water to percolate through the grounds until the coffee is of the desired strength.

The drip method is preferred by many connoisseurs. By this method the Kaffee Hag is put into the strainer and the boiling water poured through the coffee from one to three or four times—according to the strength desired. Special coffee pots are obtainable for this method.

Kaffee Hag is coffee so treated that 95% or more of the caffeine is removed, although it is not free from some objectionable products due to the roasting. The same products of roasting are also found in most of the cereal coffees. For people who do not relish any of the cereal coffees and who will have their cup of coffee, the Kaffee Hag is much to be preferred.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	4	4	32	40
Calories in a serving (4 oz.) . . .	1	1	8	10

KAFFIR TEA

1 teaspoon Kaffir Tea

1 cup water

Place the dry tea in a small strainer and pour the boiling water over it. It should never be boiled.

It is important that the water should be freshly heated, as water which has been boiled for some time has a very insipid taste. Let stand a few seconds and pour. Serve with cream and sugar as desired, or with a slice of lemon.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	2	2	16	20
Calories in a serving (4 oz.) . . .	1	1	8	10

COCOA

 $\frac{1}{4}$ cup cocoa

1 cup water

 $\frac{1}{4}$ cup sugar

3 cups milk

Mix cocoa and sugar and water. Boil five minutes; turn in milk and let come to the scalding point. Then beat until foamy with a dover egg beater to prevent the formation of a scum.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	120	334	414	868
Calories in a serving (4 oz.) . . .	15	42	52	109

ACIDOPHILUS BUTTERMILK

Heat one quart of milk in a double boiler to 190 degrees F. Keep the milk at this temperature for one hour. Remove upper part of double boiler from water and keep in a

warm place (100 degrees F.) for four hours. Replace milk in double boiler and again heat to 190 degrees for one hour. Add the contents of the bottle containing the culture of *B. Acidophilus*. Keep warm for twenty-four to forty-eight hours. A fireless cooker is one of the best means of keeping the culture warm, although it may be wrapped and placed near the radiator.

Another, and still better method, is to use evaporated milk. This is because evaporated milk is absolutely sterile. Directions for making *Acidophilus* Milk from the evaporated milk are as follows:—

Take one pint of canned, unsweetened evaporated milk which has been kept in a refrigerator until cold, or has been chilled in ice water. Pour into a thermos bottle which is known to be thoroughly clean.

Add two-thirds of a pint of boiling water. Put in the cork and shake the bottle to mix the contents and make the temperature uniform.

Then remove the cork and add the *acidophilus* culture. At least a half ounce of culture should be used, or a couple of tablespoonfuls of freshly prepared *acidophilus* buttermilk. Buttermilk may be used for culturing if care is taken to use a new, laboratory-prepared culture at least once in two weeks, and provided, also, that very great care is taken in making the cultures to cleanse the thermos bottle very thoroughly and to avoid contamination by exposure of the canned milk to the air. The tin can should be dipped in boiling water before opening, to free the surface of the can from bacteria and the milk should be poured directly from the can into the thermos bottle.

The thermos bottle when emptied should be washed out with hot water and soda, then rinsed with water containing a teaspoonful of chloride of lime or chlorinated

soda, then rinsed again with boiling water, then filled with boiled water, corked and kept thus filled until wanted for use.

When this plan is carefully followed, a good quality of acidophilus buttermilk may be prepared at home, but if buttermilk is prepared by starting each lot from the preceding lot continuously, air contamination occurs. The number of acid-forming air germs, the ordinary buttermilk germs, increases with each lot until the *B. acidophilus* runs out, and the buttermilk becomes useless as a means of changing the intestinal flora. Fresh cultures should be obtained from the laboratory at least every two weeks. It is better to get fresh cultures every week.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (6 oz.) . . .	23	73	34	130

FRUIT BEVERAGE

Juice of 3 oranges	$\frac{1}{2}$ to $\frac{3}{4}$ cup of sugar
Juice of 3 lemons	1 cup strawberry or other
1 quart water	fruit juice

Extract the juice of the orange and the lemon with a drill; strain through a cheese-cloth; add to it the sugar, water, and the other fruit juices; set on ice to chill. The amount of sugar used must vary according to the amount of sugar in the canned fruit juices.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	11	2	998	1011
Calories in a serving ($3\frac{1}{2}$ oz.) .	1	1	64	66

GOLDEN NECTAR

$1\frac{1}{2}$ cups orange juice	$\frac{2}{3}$ cup sugar
$1\frac{1}{4}$ cups pineapple juice	$\frac{1}{2}$ cup lemon juice
1 to 2 cups water	

Strain the orange and the lemon juices and add to the pineapple juice. (The canned pineapple is used in this recipe.) Then add the sugar and water. Stir and set on the ice until chilled.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	8	3	790	801
Calories in a serving (3½ oz.) .	1	1	64	66

MINT JULEP

2 cups water	6 mint sprigs
¾ cup sugar	½ cup strawberry juice
1 cup boiling water	½ cup raspberry juice
Juice of 4 lemons	

Boil the sugar and the water twenty minutes. Crush the mint and pour over it the one cup of boiling water. (If fresh mint is not obtainable, use two tablespoons of dried spearmint.) Let the mint and water stand five to ten minutes, strain, and pour into the syrup. To this add the strawberry, raspberry and lemon juice. Serve cold.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	5	0	1154	1159
Calories in a serving (3½ oz.) .	1	0	95	96

RASPBERRY NECTAR

¼ cup lemon juice	1 ¾ cups water
¼ cup sugar	1 cup raspberry juice

Make a lemonade of the lemon juice, sugar and water, then add the raspberry (red preferred) juice. Chill, and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	5	0	688	693
Calories in a serving (3½ oz.) .	1	0	92	93

FRUIT PUNCH

2 cups strawberry juice	1 cup strong Kaffir tea
Juice of 5 oranges	2 cups sugar
Juice of 5 lemons	1 quart carbonated soda
1 can grated pineapple	water
	1 quart water

Make a syrup by boiling the water and sugar together for ten minutes. Prepare the tea by using four times the quantity of Kaffir Tea called for in that recipe. Add the fruit juices, tea and the pineapple. Let stand for one-half hour or more, then strain, first through a strainer, and then through cheese cloth. Chill, and add the carbonated water. Apollinaris may be used, if more convenient. If desired, a cup of Maraschino cherries may be added. Place a block of ice in the punch bowl and pour the chilled beverage over it. This quantity will serve sixty people.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	94	35	3600	3729
Calories in a serving (3½ oz.) .	3	1	111	115

SPICED PUNCH

Juice of 3 lemons	6 cloves
Juice of 3 oranges	1 inch stick cinnamon
1 cup sugar	3 drops essence of pep-
1 pint water	permint
	Preserved ginger

Prepare a syrup of the sugar, water, cloves, cinnamon and a piece of preserved ginger the size of a small egg. Let cool, then add the fruit juices and strain through three or four thicknesses of cheese cloth. Add the essence of

peppermint, and let stand on ice for one hour or more. Pour over a block of ice in the punch bowl, and garnish with mint leaves, if desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	6	2	999	1007
Calories in a serving (3½ oz.) .	1	0	89	90

LEMONADE

1 cup sugar

1/3 cup lemon juice

1 pint water

Water to make 5 cups

Make a syrup of sugar and water. Cool, add lemon juice and sufficient water to make 5 cups.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	1	0	938	939
Calories in a serving (3½ oz.) .	0	0	84	84

ORANGEADE

2 cups orange juice

$\frac{1}{4}$ cup sugar

1 cup water

Make a syrup of the sugar and water. Cool and add orange juice.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	0	0	422	422
Calories in a serving (3½ oz.) .	0	0	63	63

CEREALS

CEREALS are seeds of certain of the grass family. They are very compact and are veritable storehouses of nourishment, having on an average about 85% nutritive value. On account of their compactness it is often advantageous to grind or crush them, thus also increasing the variety in cereal products.

The cooking of cereals is for two purposes, the softening of the cellulose and the changing of the starch from an insoluble to a colloidal form. The latter is accomplished in a comparatively short time, but the thorough softening of the cellulose oftentimes requires several hours' cooking, the time varying with the size of the grain or the fineness of the grinding.

A double boiler is preferable to a saucepan or kettle for the cooking, as it is a safeguard against burning and also cooks the grain without ebullition, which prevents the pastiness so often met with in mushes.

A fireless cooker is ideal for the cooking of this class of foods.

To obtain the best results, definite proportions of liquids and cereals must be used.

The water should be boiling when the cereal is introduced, and should be allowed to boil five to ten minutes, or until the grain is thickened or set. Then place in another vessel containing boiling water, or, better still, use a double boiler.

Whole, or nearly whole grains, should not be stirred while cooking. They may be lifted occasionally with the aid of a fork, care being taken not to crush the grains.

Fortunately it is now possible to obtain on the market various breakfast cereals ready for serving, which are cooked more thoroughly than the housewife can cook them.

In some cases where cellulose plays an important part in the dietary, it is advantageous to serve the grain less thoroughly cooked.

BOILED RICE

1 cup rice

3 quarts boiling water

3 teaspoons salt

Pick over the rice grains and wash thoroughly by pouring very hot water over them, rinsing in several cold waters. Add slowly to the boiling, salted water. Boil actively for about twenty minutes, or until the grains are tender. As soon as the grains are soft turn the rice into a coarse strainer or colander and drain off the liquid, then return to the kettle. Place in an open oven or on the back of the range, uncovered, and let it remain five minutes, or until the kernels are dry and distinct. If necessary to stir the rice use a fork, and lift the grains so as to prevent breaking the kernels.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	102	8	908	1018
Calories in a serving (4 oz.) . . .	13	1	113	127

BOILED RICE (JAPANESE METHOD)

1 cup rice

5 cups boiling water

1½ teaspoons salt

Wash the rice thoroughly by pouring boiling water over it and rinsing in several pans of cold water. To the actively boiling water add the salt and the washed rice; cover, and set on the back of the stove where it will boil slowly for

fifteen minutes, then place in the oven, still covered, another fifteen minutes. At the end of this time each grain should be soft and tender, yet whole and distinct.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	102	8	908	1018
Calories in a serving (4 oz.) . . .	13	1	113	127

STEAMED OR CREAMED RICE

1 cup rice	1½ cups milk
1 cup water	½ cup cream
1 teaspoon salt	

Wash the rice thoroughly, and put to cook in the boiling water. Boil five minutes, then set in the double boiler and cook until the water is almost absorbed. Heat the milk and cream in the double boiler, and add to the rice. Add the salt, and finish cooking in the double boiler, which will require about one hour. If cream is not convenient use an additional one-half cup of milk and one tablespoon of butter.

Do not stir except to lift gently once or twice with a fork.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	159	344	997	1500
Calories in a serving (4 oz.) . . .	19	43	125	187

PLAIN STEAMED RICE

1 cup rice	1 teaspoon salt
2½ cups boiling water	

Pick the rice over carefully, wash and add slowly to the salted, boiling water. Set the dish containing the rice in a steamer or in a colander over boiling water. Cook until the rice is soft, which will require about one hour.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	102	8	908	1018
Calories in a serving (4 oz.) . . .	13	1	113	127

TURKISH PILAF

$\frac{1}{2}$ cup washed rice	1 cup Brown Stock
$\frac{3}{4}$ cup strained tomatoes	3 tablespoons butter

Add the tomatoes to the stock, and heat to the boiling point. Add the rice, let boil one minute and cook in a double boiler until soft. Stir in the butter with a fork, and keep uncovered so that steam may escape. Serve as a vegetable or as an accompaniment to an entrée.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	61	333	841	1235
Calories in a serving (4 oz.) . . .	14	78	113	205

BROWN STOCK

$\frac{2}{3}$ teaspoon Savita or	1 cup boiling water
$1\frac{1}{2}$ teaspoons soy	1 teaspoon salt

Dissolve the Savita in the boiling water. Add the salt.

SAVORY RICE

1 cup chopped celery	1 cup rice
$\frac{1}{2}$ cup chopped, ripe olives	1 quart can tomatoes
1 tablespoon grated onion	2 teaspoons salt

Put the tomatoes, with the celery and salt, on to cook. Let boil for ten minutes, then add the rice, previously well washed, and the other ingredients, and boil for five minutes. Then set in a double boiler and cook for fifty minutes, or until the grains are perfectly soft and tender, yet whole.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	158	301	1089	1548
Calories in a serving (4 oz.) . . .	14	26	97	137

purposes. The incompletely cooked starch granules of the bran serve as bulk in the alimentary tract.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	57	46	226	329
Calories in a serving ($4\frac{1}{4}$ oz.) .	10	8	38	56

STERILIZED BRAN

Look the bran over carefully, and remove all foreign substances. Make a thick mush of the bran with hot water. Then put it in a deep pan, place in the oven and bake until it becomes dry. Then grind it with an ordinary coffee mill. Sterilized or cooked bran may be purchased on the market, there being several commercial products.

HULLED WHEAT

1 cup hulled wheat 3 cups water
1 teaspoon salt

Look over the wheat carefully, wash and drain, and put to soak in the cold water. Let soak for eight or ten hours, add the salt and let come to the boiling point. Boil rapidly for ten minutes in an uncovered dish. Finish cooking in a double boiler for six to eight hours.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	11	30	602	643
Calories in a serving ($5\frac{3}{4}$ oz.) .	2	7	139	148

CREAM OF WHEAT

6 cups boiling water 1½ teaspoons salt
1 cup Cream of Wheat

Sift the cereal slowly through the fingers into the salted, boiling water. Boil ten minutes, stirring constantly, and cook over boiling water one hour or more.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	75	21	522	618
Calories in a serving (4 oz.) . . .	6	1	42	49

FARINA

1 quart water 1 teaspoon salt
¾ cup Farina

Heat the water to boiling in the inner vessel of a double boiler; add the salt; sift the Farina slowly through the fingers into the boiling water, taking care to stir constantly until thickened. Let boil five minutes, then set in the outer boiler and cook one hour or more. The flavor and nutritive value may be increased by making the liquid one-half milk.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	60	84	295	439
Calories in a serving (3½ oz.) .	6	8	32	46

PEARL BARLEY WITH DATES

1 cup pearl barley 1 teaspoon salt
5 cups water 1 cup stoned dates

Carefully look over and wash the barley and put to cook in boiling, salted water. Let boil for ten minutes, set in a double boiler and cook three or four hours. Wash the dates

in cold water, remove stones, and measure. Cut them into small pieces and add to the barley ten minutes before serving.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.....	82	62	1157	1301
Calories in a serving (5 oz.)...	8	6	116	130

GRAHAM MUSH WITH DATES

1 cup graham flour
3 cups water

1 cup dates
1 teaspoon salt

Blend the flour with one cup of cold water and pour into boiling, salted water (two cups). A batter whip or a long handled spoon should be used for stirring. Cook at least one hour. Cleanse the dates, remove the stones and cut each into four pieces. Add the dates to the mush just before it has finished cooking.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.....	75	65	862	1002
Calories in a serving (5 oz.)...	12	10	134	156

GLUTEN MUSH

1 1/3 cups 20% Gluten Meal

1 quart water

1 teaspoon salt

Heat the water to boiling, add the salt and stir in the Gluten Meal quickly and lightly. Let cook a few minutes over the fire and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.....	98	9	446	553
Calories in a serving (5 1/2 oz.)...	15	1	66	82

CREAMED GLUTEN MUSH

1 cup 20% Gluten Meal 1½ pints milk
1 teaspoon salt ½ pint cream

Prepare the same as for Gluten Mush.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	187	679	512	1378
Calories in a serving (5½ oz.) .	29	107	80	216

HOMINY GRITS

1 cup granulated hominy 4 cups water
1½ teaspoons salt

Heat the water to boiling. Add the salt and stir in the hominy a little at a time, stirring constantly. Let cook over the flame until thickened, then set in a double boiler and cook three to four hours.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	65	17	535	617
Calories in a serving (4½ oz.) .	8	2	66	76

CREAMED HOMINY

1 quart cooked hominy ¼ cup milk
¼ cup cream 1 tablespoon butter
½ teaspoon salt

Heat the hominy. Add the milk, cream, butter and salt. Cook together five minutes and serve. If desired, milk only may be used, in which case add an additional tablespoon of butter. This may be served as a vegetable if desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	114	248	833	1195
Calories in a serving (4½ oz.) .	11	26	85	122

CORNMEAL MUSH

1 cup cornmeal

1 teaspoon salt

1 cup cold water

2½ cups boiling water

Moisten the cornmeal with the cold water and turn immediately into the actively boiling, salted water. Stir constantly until the mixture is thickened, and cook in a double boiler three or four hours. If the mush is to be used for Cornmeal Cutlets or Baked Mush, sift one tablespoon of flour into the cornmeal before adding the water.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	43	54	375	472
Calories in a serving (4½ oz.) .	6	8	56	70

CORNMEAL CUTLETS

Cornmeal Mush

1 egg

1 tablespoon milk

1 cup bread crumbs

Turn Cornmeal Mush into bread tins previously wet with cold water; when cold, slice. Beat one egg slightly, add one tablespoon milk, also one-eighth teaspoon salt. Dip the sliced mush into the bread crumbs, then into the egg mixture, and then back into the bread crumbs again. Place in a buttered pan, and bake in a quick oven until a rich brown. These may be served with butter or maple syrup.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	124	156	563	843
Calories in a serving (3 oz.) . . .	10	13	47	70

BAKED MUSH

Turn Cornmeal Mush into bread tins. When cold, slice into one-half inch slices. Place in buttered pans and bake until nicely browned. The slices may be brushed with cream or milk during the baking, to facilitate the browning.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	43	54	375	472
Calories in a serving (2½ oz.) .	4	4	31	39

GRANOLA FRUIT MUSH

1 pint water
1 pint Granola
½ cup raisins

Clean and stem the raisins, wash and add to the hot water. Bring to the boiling point, and cook a few minutes to soften the raisins. Add the Granola and cook two to four minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	134	35	966	1135
Calories in a serving (4¼ oz.) .	23	6	164	193

BRAN AND GRANOLA MUSH

1 cup Sterilized Bran
1 cup Granola
3 cups water
½ teaspoon salt

Mix the Sterilized Bran, Granola and salt. Stir into the boiling water and cook for a few minutes directly over the flame.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	62	4	350	416
Calories in a serving (4½ oz.) .	9	1	52	62

VITA WHEAT

6 cups boiling water 1½ teaspoons salt
1 cup of Vita Wheat

Sift the cereal slowly through the fingers into the salted boiling water, stir constantly until thickened in the inner vessel of a double boiler. Let boil ten minutes; then cook over water an hour or more.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (4 oz.) . . .	6	2	38	46

BRANOLA

1 cup of Branola 1 teaspoon salt
3 cups boiling water

Add the Branola to the salted boiling water. Let boil a few minutes next to flame, stirring frequently; then put into a double boiler and cook for three or four hours.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	27	11	155	193
Calories in a serving (4 oz.) . . .	5	2	26	33

FERMENTED BREADS

BREAD is a cereal product which has been used almost from time immemorial. The first form was a flat cake made from pounded grain mixed with water. Later came the shortened cake, and still later the fermented loaf.

Bread is usually made from wheat, but rye or corn may be used, though these need to be mixed with wheat flour to give the best results.

Bread flour may be white, whole wheat or entire wheat and graham, according to the process of milling used. Graham consists of the entire kernel and differs from the whole wheat in that it contains all of the bran. The whole wheat flour is made from wheat after the outer part of the bran has been removed. White flour is made from that portion of the wheat kernel which lies beneath the bran. Whole wheat and graham breads are more wholesome, as the bran is valuable for its bulk.

Breads are of two classes, fermented and unfermented. Fermented bread is made light by the action of the ferment yeast, a microscopic plant which grows and multiplies very rapidly under the conditions necessary for its growth, which are warmth, moisture and food.

The yeast plant was originally a "wild" yeast, such as that which accompanies almost every particle of dust, and **which operates in the spoiling of fruits and other foods.** Undoubtedly the first leavened bread was made from this variety of yeast.

The growing of yeast for bread making has become of sufficient importance commercially that it is now cultivated in much the same way that other plants are grown for the

market. Great care is taken not to allow the cultures to become contaminated.

It is usually put upon the market in the form of dried cakes or of compressed cakes, which are moist and spoil quickly. They contain the yeast plant in an active growing condition, while the dried cakes contain the yeast chiefly in the form of spores, and must be nursed back, as it were, into the growing state by supplying moisture, warmth and food. Hence, it is necessary, when using the dried yeast cakes, to soak them and start the bread in the form of sponge.

Compressed yeast acts more quickly and can be made up into dough instead of the sponge.

The yeast plant grows best at a temperature of about 90° F.; hence, it is important that all the materials should be warmed. The flour may be warmed by setting in an open oven for a half hour or more and stirring occasionally.

The food which yeast likes best is sugar produced from the starch of the flour by the action of the diastase, the natural ferment which digests starch in the plant world. The diastase begins to act when moisture and warmth are present.

Bread is best made from spring wheat flour, as it contains more gluten than the winter wheat. The gluten gives firmness and elasticity to the loaf.

When the yeast feeds upon the sugar formed from the starch, it breaks down into carbon dioxide gas and alcohol. The carbon dioxide gas produces the lightness of the bread and is therefore desirable. The gluten of the flour envelops the bubbles of carbon dioxide, making a porous mass. The first kneading is for the purpose of distributing the yeast through the dough. The later kneadings are for the purpose of distributing the bubbles of carbon dioxide

equally through the dough. The alcohol, being volatile, is driven off in the baking of the bread.

The baking is for three purposes; first, the killing of the yeast plant; second, the changing of the starch from an insoluble to a soluble form; third, the expansion of the gas, carbon dioxide, thus increasing the lightness of the loaf.

WHITE BREAD

2 cups potato-water or milk	2 teaspoons salt
2 teaspoons sugar	$\frac{1}{2}$ cake compressed yeast
3 pints flour	$\frac{1}{4}$ cup warm water

Dissolve the yeast in the warm water. To prepare the potato water, peel two medium-sized potatoes and put to cook in one pint boiling water. When tender rub through a colander and add sufficient water to make two cups liquid. Cool the liquid to lukewarm, add the salt, sugar and the dissolved yeast. Warm the flour slightly in the oven and add gradually to the liquid. Stir in sufficient flour to knead well, taking care not to have a stiff dough. Stand in a warm place and let rise about one and one-half hours. When light, knead down and let rise again about one hour. Knead lightly and form into loaves. Let rise in the pan about forty-five minutes, or until light again. Then bake about forty-five minutes. When done remove from the pans and cool. This makes two loaves.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	350	263	2216	2829
Calories in a serving (1 oz.) . . .	10	4	61	75

WHOLE WHEAT BREAD

2 cups potato-water or milk	3 cups white flour
2 teaspoons sugar	2 teaspoons salt
3 cups whole wheat flour	$\frac{1}{2}$ cake compressed yeast
$\frac{1}{4}$ cup warm water	

Follow the directions for making white bread.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	413	287	2156	2856
Calories in a serving (1 oz.) . . .	11	2	56	69

GRAHAM BREAD

2 quarts whole wheat flour	$1\frac{1}{2}$ cups milk $1\frac{1}{2}$ cups water
2 teaspoons salt	2 tablespoons Meltose or molasses
$\frac{1}{2}$ yeast cake	
$\frac{1}{4}$ cup warm water	$1\frac{1}{2}$ cups Sterilized Bran

Soak the yeast in the warm water. Scald the milk and cool to lukewarm. Potato water may be used instead of the milk and water. Add the water, molasses and salt, then the softened yeast. Mix the whole wheat flour and bran together and stir into the liquids. Knead thoroughly and put to rise in a warm place. When light, mold into a loaf. Let rise again and when light bake in a hot oven about one hour. Decrease the heat somewhat during the latter part of the baking. This makes three small or two large loaves.

Graham flour may be used instead of the whole wheat, in which case less bran will be needed.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	550	300	2757	3607
Calories in a serving (1 oz.) . . .	10	6	52	68

FRUIT BREAD

2¼ cups potato-water	1 pound raisins
3 teaspoons salt	½ yeast cake
1 tablespoon sugar	¼ cup warm water
2 tablespoons butter	About 3½ pints flour

Put the yeast to soak in the one-fourth cup of warm water and let dissolve. Prepare the potato-water by cooking two medium-sized potatoes in a little more than a pint of water. Press through a colander and measure. Cool to lukewarm. Add the salt, sugar, dissolved yeast, melted butter and raisins. Warm the flour slightly in the oven and add slowly to the liquid. Stir in enough flour to knead well, taking care not to have a stiff dough. Let stand in a warm place for one and one-half hours or until light. Knead down and let rise again an hour or more. Knead lightly and form into loaves. Let rise in the pans about forty-five minutes or until light, then bake about forty-five minutes. When baked remove from the pans and cool. This recipe makes two large or three small loaves. If potato-water is not convenient the same amount of water and milk in equal quantities may be substituted.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	431	586	3304	4321
Calories in a serving (1 oz.) . . .	8	10	60	78

CORN BREAD

1 cup corn meal	2 teaspoons salt
5 cups flour	2 tablespoons butter
1 tablespoon sugar	2 cups potato water
	½ yeast cake

Dissolve the yeast cake in one-fourth cup warm water. Prepare and bake the same as for Fruit Bread.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	285	327	2219	2831
Calories in a serving (1 oz.) . . .	8	9	63	80

SOFT GRAHAM BREAD

$\frac{1}{2}$ cup molasses or	3 cups warm water
$\frac{1}{2}$ cup brown sugar and	2 tablespoons melted
$\frac{1}{4}$ cup Meltose	butter
$1\frac{1}{2}$ quarts graham flour	2 teaspoons salt
1 pint white flour	1 cake compressed yeast

Dissolve the yeast in one-fourth cup warm water and mix the ingredients in order given. Beat the dough thoroughly and set in a warm place for about three hours, or until it is quite light. Then beat down again and turn into bread pans, filling them half full. When light again, or when the bread has risen to about three-fourths the height of the pan, put to bake in a moderate oven and bake from forty-five minutes to one hour. Graham bread must not be allowed to rise as much as white bread.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	475	375	3038	3888
Calories in a serving (1 oz.) . . .	9	7	56	72

MILK BREAD

$\frac{1}{2}$ cup boiling water	$\frac{1}{2}$ tablespoon sugar
$1\frac{1}{2}$ cups scalded milk	$1\frac{1}{2}$ tablespoons butter
$\frac{1}{2}$ cake compressed yeast	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{2}$ quarts sifted flour	

Put into a pint measure the butter, salt and one-half cup of boiling water and add the scalded milk. Let cool until lukewarm. Stir and pour into a bread mixer, keeping back just enough of the liquid to thoroughly dissolve the yeast. Add the dissolved yeast to the other liquids in the bread mixer and, lastly, the sifted flour, slightly warmed. Knead five minutes in the mixer. Set away in a warm place for one and one-half hours or until the dough is light. Knead again for another five minutes. Set away in a warm place for another hour or more until well risen again. Turn out upon a molding board and shape into loaves. Place in buttered pans and set away in a warm place until light. Bake in a hot oven forty-five minutes.

If a bread mixer is not at hand, the same method of mixing and raising as given in the above recipes may be used.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	336	377	2184	2897
Calories in a serving (1 oz.) . . .	10	12	68	90

SALT RISING BREAD

2½ cups flour	½ cup corn meal
2 tablespoons butter	1½ cups scalded milk
1 tablespoon sugar	1½ teaspoons salt

Flour to make a stiff dough

Scald the meal and the one teaspoon salt with the one-half cup of milk and let stand in a warm place over night. In the morning set the bowl in water, just as warm as is comfortable to the hand. During the whole process keep the bread at this temperature; when light add the mixed one cup of scalded milk and one cup of water which has been allowed to cool. Add the butter, sugar, salt and the two and one-half cups of flour, and beat this batter thoroughly.

FRUIT BUNS

$\frac{1}{4}$ cup melted butter	$\frac{1}{2}$ teaspoon cinnamon and nutmeg
1 cup currants	1 teaspoon salt
2 cups milk	$\frac{1}{2}$ yeast cake
$\frac{3}{4}$ cup sugar	$\frac{1}{4}$ cup warm water
1 egg	6 cups flour

Scald the milk and cool to lukewarm. Add the salt, sugar, beaten egg, softened yeast cake, and two cups of flour, slightly warmed. Beat thoroughly, let rise, and when light, add the remaining ingredients, using only sufficient flour (about four cups) to knead well. Knead and let rise until light, then shape into small round cakes, and place them in a buttered pan; when light again bake in a moderate oven twenty to thirty minutes. When the cakes have baked for fifteen minutes, glaze with a mixture of milk and sugar—one tablespoon sugar, one-fourth cup milk. Repeat this every five minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	391	755	3370	4516
Calories in a serving ($1\frac{1}{4}$ oz.) .	9	19	84	112

CINNAMON BUNS

1 cup currants	1 cup brown sugar
2 tablespoons cinnamon	$\frac{1}{2}$ cup butter (softened)
Dough for Parker House Rolls	

Prepare and treat the dough as for Parker House Rolls; roll to about one-fourth inch in thickness, spread with the softened butter; mix the cinnamon and sugar and sprinkle over the butter, then add the currants (cleaned) in the same fashion, and roll the dough as in making a jelly roll. Place

in well greased pans, with cut surfaces up. When very light, bake in a moderate oven forty-five minutes. If the buns are desired quite moist, brush them over after fifteen minutes' baking with New Orleans molasses. Repeat this every ten minutes until finished baking. The baking must necessarily be somewhat slower after the molasses is added, in order to prevent burning.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	347	1362	3436	5145
Calories in a serving (1¼ oz.) .	8	32	81	121

NUT BUNS

¾ cup milk	2 tablespoons melted
1 teaspoon salt	butter
2½ cups flour	½ cake compressed yeast
2 eggs	2 tablespoons warm water
2 tablespoons sugar	½ cup chopped nuts

Scald the milk, cool to lukewarm. Dissolve the yeast in the warm water. To one-half cup warm milk add the salt, sugar, dissolved yeast cake and the flour. Set in a warm place and let rise an hour or more, or until light and foamy, then add the melted butter, one egg, most of the chopped nuts and about one and one-half cups flour. Knead thoroughly. Let rise about one and one-half hours, or until light. Shape into buns. Beat an egg until well blended, and add two tablespoons milk or water. Brush the tops of the buns with the beaten egg and sprinkle with sugar and the remainder of the chopped nuts. Let rise again until light and bake in a quick oven.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	224	712	1049	1985
Calories in a serving (1⅓ oz.) .	17	54	80	151

GERMAN POTATO CAKE

$\frac{1}{2}$ cup milk	$\frac{1}{2}$ cake compressed yeast
$\frac{1}{4}$ cup warm water	$1\frac{1}{4}$ cups flour

Dissolve the yeast cake in the warm water. Scald the milk and cool to lukewarm, add the dissolved yeast cake and stir in the flour. Put to rise in a warm place for thirty minutes, then add the following:

$\frac{1}{2}$ teaspoon salt	2 tablespoons flavoring or
2 beaten eggs	2 teaspoons cinnamon
$1\frac{1}{2}$ cups scalded milk	$1\frac{1}{2}$ cups sugar
$\frac{1}{2}$ cup mashed potato	$\frac{1}{2}$ cup chopped nuts
$\frac{1}{4}$ pound butter	About $7\frac{1}{2}$ cups flour

Cool the scalded milk to lukewarm and add with the other ingredients to the sponge.

Knead thoroughly. Let rise over night. Form into cakes or loaves of about one pound each. Brush the top with milk and sprinkle with a sugar and butter mixture, for which use—

$\frac{1}{4}$ cup butter	1 cup granulated sugar
$\frac{1}{4}$ cup flour	

Rub these together and drop by bits upon the cake. Let rise until light and bake in a moderately hot oven thirty to forty-five minutes, or until a light brown. If desired, chopped almonds or English walnuts may be added to the butter and sugar mixture and sprinkled on top of the cake.

The same dough may be rolled thin, spread with butter and sprinkled with sugar and cinnamon, or with Meltose and currants, rolled like a Jelly Roll, then cut into two-inch

pieces as for Cinnamon Rolls. Let rise on a buttered pan and bake in a hot oven about twenty minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	694	2008	5612	8314
Calories in a serving (1 oz.) . . .	8	25	70	103

BRAN BREAD

Make a sponge of the following ingredients:

1½ cups of potato water	1½ teaspoons salt
2 cups white flour	2 tablespoons warm water
¼ cake compressed yeast	

Prepare the potato water according to directions given in the white bread recipe. Dissolve the yeast cake in the warm water; add to the potato water, together with the salt. Stir in the flour and set to rise in a warm place. When light and bubbly, add the following ingredients:

2 tablespoons sugar	2 tablespoons molasses
2 cups bran	1 tablespoon melted butter
3 cups white flour	

Stir the molasses, sugar and melted butter into the sponge; then add the flour and bran. This should make a rather soft dough, but not too soft to be kneaded upon the board thoroughly. Stand in a warm place until risen double the size. When well risen, shape into loaves and let rise again until double its size. Bake in a hot oven for one hour. This quantity should make two loaves.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	393	235	2426	3054
Calories in a serving (1 oz.) . . .	10	6	62	78

UNFERMENTED BREADS

Unfermented breads are made light by the process of aeration—the incorporation of air or gas into the mixture by means of kneading and beating, or by chemicals.

The lightness of these breads depends upon the coldness of the materials, the dexterity with which the ingredients are put together, the quality of the materials, the heat of the oven, and the leavening agent used.

The chemicals used always consist of the combination of baking soda (sodium bicarbonate) and an acid. The acid may be cream of tartar, tartaric acid, an acid phosphate, lactic acid of sour milk, hydrochloric acid, the acids of fruits and molasses, or alum compounds. Baking powders are always combinations of soda and an acid, and are of three classes: cream of tartar, acid phosphate and alum. The alum powders are cheap and their wholesomeness is questionable. The result of the combination of the soda with the acid is the formation of carbon dioxide gas and a salt, the kind of salt depending upon the acid used. For instance, soda and cream of tartar produce rochelle salts; soda and an acid phosphate produce sodium neutral phosphate; while soda and sodium sulphate and alum produce sodium sulphate and aluminum hydroxide.

The salts produced by the three types of baking powders are all saline cathartics. While they are used in comparatively small amounts, the Referee Board of Consulting Scientific Experts appointed by the United States Department of Agriculture, in a report on baking powders, warn that "it is wise to be moderate in the use of foods that are leavened with baking powders." One member of the Board

further says, "Prolonged administration of saline cathartics, even in small doses, tends to leave behind a condition of constipation."

One of the earliest combinations used for leavening purposes was that of hydrochloric acid and soda. The salt produced by this combination is undoubtedly the least objectionable of any of the salts produced, but great care must be exercised in the use of this acid, as, uncombined, it is a poison. On account of the degree of concentration it may inflict serious burns of the skin or mucus lining with which it comes in contact. Because of the danger attached to the use of it, other combinations seem preferable even though the salts produced are not quite so desirable. It may still be used by adults who are perfectly trustworthy and careful in the handling and the measuring. It is advisable, when using hydrochloric acid, to have a minim glass, which can be purchased for a small sum at any drug-store. One perfectly level teaspoon of soda is neutralized by eighty minims of hydrochloric acid. The hydrochloric acid must be chemically pure (marked C. P.) and in the concentrated form. One teaspoon of soda and eighty minims of hydrochloric acid are equivalent to four level teaspoons of baking powder. For most recipes one-half teaspoon soda and forty minims hydrochloric acid are sufficient to use with one cup of flour.

Unfermented breads are often spoken of as quick breads, so called because they are made quickly in comparison with the fermented, or yeast breads which require several hours for the making. There are several types of quick breads, varying with the stiffness of the mixture, due to the amount of flour used. The thinner mixtures are known as batters, while the stiffer ones are called doughs. The batters may be thin batter, otherwise known as a pour batter, or a drop batter. The thin batter pours easily from a bowl or a spoon.

It is made of approximately equal proportions of flour and liquid, though this may vary somewhat. Flour varies considerably in its thickening properties, hence it is difficult to give absolutely definite proportions in flour mixtures. The thick or drop batter will drop rather than pour from a spoon or pitcher. Approximately two parts of flour to one of liquid is used in these mixtures. This is also sometimes called the muffin mixture.

Doughs are too stiff to be poured or dropped.

Soft doughs may be handled and are usually pressed into shape by means of the hand or a rolling pin. Approximately three parts of flour to one of liquid are used in making the soft dough. Baking powder biscuit is an example. A stiff dough requires considerable heavy rolling to force into shape. Approximately four parts of flour to one of liquid are used in a stiff dough. Beaten biscuit is an example.

Batters and doughs may be made from flour and liquid only. In comparison with our more modern mixtures, these are hardly deemed palatable; therefore, eggs, salt, sugar and fats have been added in varying proportions, both to add flavor and to vary the texture. The following proportions may be of use to the busy housewife who wishes variety without having to refer to a special recipe each time a quick bread is desired:

2 teaspoons of baking powder to one cup of flour.

$\frac{1}{2}$ teaspoon of soda to one cup of sour milk.

1 teaspoon of soda to one cup of molasses.

1 cup of liquid to one cup of flour for a thin batter.

1 cup of liquid to two cups of flour makes a thick batter.

1 cup of liquid to three cups of flour makes a soft dough.

1 cup of liquid to four or more cups of flour makes a stiff dough.

1 egg to one cup of milk for griddle cakes and muffins.

1 tablespoon of fat to one cup of flour for biscuits and muffins.

$\frac{1}{2}$ to 4 tablespoons of sugar to one cup of milk for muffins.

Pastry flour—that made from spring wheat—is preferable for the making of the quick breads, though bread flour, or winter wheat flour, may be used. A scant measurement of flour should be used when bread flour is used. Flour should always be sifted or stirred with a spoon before measuring. This is because flour has a tendency to pack. A hot oven is desirable for most quick breads unless baked in a loaf, in which event a moderate oven is desirable.

For those who wish to make their own baking powder, the following proportions may be used:

1 pound of cream of tartar	$\frac{1}{4}$ pound of corn starch
$\frac{1}{2}$ pound of baking soda	

Mix and sift twelve times and store in cans with close fitting covers.

MUFFINS

2 cups flour	1 egg
2 tablespoons butter	$\frac{1}{2}$ teaspoon salt
1 cup milk	4 teaspoons baking powder

Sift the dry ingredients together. Beat the egg, add the milk and stir in the dry ingredients. Add the melted butter. Dip by spoonfuls into greased muffin pans and bake in a hot oven for about twenty minutes, or until the

muffins are well browned, firm to the touch and have shrunk slightly from the sides of the pan.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	150	378	742	1270
Calories in serving (2 oz.) . . .	20	50	99	169

BERRY MUFFINS

1 cup fresh berries	$\frac{3}{4}$ cup milk
2 tablespoons butter	2 cups sifted flour
2 tablespoons sugar	$\frac{1}{2}$ teaspoon salt
1 egg	4 teaspoons baking powder

Sift the dry ingredients together. Cream the butter and sugar and add the beaten egg. Then add the milk and the dry ingredients alternately. At the last, fold in the berries.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	147	363	958	1468
Calories in a serving (3 oz.) . . .	24	60	160	224

DATE MUFFINS

$\frac{1}{4}$ cup butter	2 cups white flour
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ teaspoon salt
1 egg	$\frac{1}{2}$ pound dates
$\frac{3}{4}$ cup milk	4 teaspoons baking powder

Prepare the dates by washing in cold water. Cut or chop into small pieces. Currants or raisins may be used if preferred. Sift the baking powder, salt and flour together. Cream the butter and sugar and add the beaten egg. Add the milk and the flour alternately, and, lastly, fold in the chopped dates. Bake in buttered muffin tins twenty to twenty-five minutes in a hot oven.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	159	614	1494	2267
Calories in a serving (3 oz.) . . .	21	84	204	309

RICE MUFFINS

2¼ cups flour	1 cup milk
¾ cup hot cooked rice	1 egg
2 tablespoons melted butter	½ teaspoon salt
2 tablespoons sugar	5 teaspoons baking powder

Mix and sift the dry ingredients. Beat the egg, add the milk and the dry ingredients. Mix thoroughly. Add the butter and fold in the rice. (It will take a scant one-fourth cup of raw rice to make three-fourths cup of boiled rice.) Turn into buttered gem pans and bake in a quick oven twenty to thirty minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	302	407	1124	1833
Calories in a serving (3 oz.) . . .	36	49	134	219

CURRANT MUFFINS

2 cups flour	1½ tablespoons butter
1 egg	½ cup currants
1 cup milk	½ teaspoon salt
4 teaspoons baking powder	

After carefully washing and drying the currants, sift a little of the flour over them. Mix and sift the dry ingredients. Beat the egg slightly, add to the milk. Stir in the dry ingredients and the melted butter. Fold in the currants, pour into muffin pans and bake in a quick oven twenty to twenty-five minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	161	332	995	1488
Calories in serving (3 oz.) . . .	22	49	148	219

CORN MUFFINS

$\frac{3}{4}$ cup cornmeal	1 tablespoon melted butter
$1\frac{1}{4}$ cups flour	1 cup milk
2 tablespoons sugar	1 egg
$\frac{1}{2}$ teaspoon salt	4 teaspoons baking powder

Sift the dry ingredients together. Beat the egg, add the milk and stir in the dry ingredients. Then add the melted butter. Turn into muffin tins and bake in a hot oven twenty-five to thirty minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	146	301	876	1323
Calories in a serving (3 oz.) . . .	24	50	146	220

BRAN MUFFINS

1 cup sterilized bran	1 teaspoon salt
1 cup graham flour	1 egg
$\frac{7}{8}$ cup milk	1 tablespoon sugar
3 tablespoons melted butter	3 teaspoons baking powder

Mix the bran, flour, salt, sugar and baking powder together. Beat the egg, add the milk and stir in the dry ingredients. Mix well and add the melted butter. Turn into buttered muffin pans and bake in a hot oven twenty to thirty minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	111	475	384	970
Calories in a serving (2 oz.) . . .	16	67	55	138

GRAHAM MUFFINS

1 cup graham flour	1 tablespoon melted butter
1 cup white flour	1 cup milk
2 tablespoons sugar	1 egg
1 teaspoon salt	4 teaspoons baking powder

Sift the dry ingredients together. Beat the egg, add the milk and the dry ingredients. Beat thoroughly and add the melted butter. Bake in muffin tins in a hot oven twenty to thirty minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	162	281	833	1276
Calories in a serving (3 oz.) . . .	27	46	139	212

WHOLE WHEAT MUFFINS

Make the same as Graham Muffins, substituting whole-wheat flour for graham flour.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	165	278	835	1278
Calories in a serving (3 oz.) . . .	28	46	139	213

GRIDDLE CAKES

2 cups flour	1½ cups milk
1 tablespoon butter	1 teaspoon salt
1 egg	4 teaspoons baking powder

Mix and sift the dry ingredients; beat the egg, add the milk and stir the dry ingredients into it. Add the melted shortening; mix well and bake on a hot griddle. Evaporated milk may be used in the place of fresh milk. Sour milk may also be used by adding a little water to thin or using a little less flour. Three-fourths teaspoon of soda will then be used in place of the baking powder.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	175	310	752	1237
Calories in a serving (3 small cakes, 2½ oz.)	36	65	157	258

BRAN GRIDDLE CAKES

1 $\frac{1}{4}$ cups flour	1 $\frac{1}{2}$ cups milk
$\frac{3}{4}$ cup bran	1 tablespoon butter
1 egg	4 teaspoons baking powder
	1 teaspoon salt

Mix and bake the same as for Griddle Cakes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	154	311	537	1002
Calories in a serving (3 small cakes, 2 $\frac{1}{2}$ oz.)	38	78	134	250

WAFFLES

1 $\frac{3}{4}$ cups flour	1 tablespoon butter
1 cup milk	$\frac{1}{2}$ teaspoon salt
2 eggs	4 teaspoons baking powder

Mix and sift the dry ingredients; add the milk to the well beaten egg-yolks and stir in the dry ingredients. Add the melted butter and fold in the stiffly beaten egg-whites. The waffle iron should be well heated on both sides and thoroughly greased before using. Pour the mixture into the center of each compartment and bake until nicely browned on one side; then turn the iron and bake on the other side.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	160	307	654	1121
Calories in serving (1 oz.)	16	30	65	111

SOY CAKES AND WAFFLES

2 eggs	1 $\frac{1}{2}$ teaspoons salt
2 cups Soy flour	1 pint milk
4 tablespoons melted butter	3 teaspoons baking powder
	3 teaspoons sugar

Beat egg well and stir into the milk. Sift the dry ingredients and mix with the egg and milk. Add the melted butter and beat thoroughly for a few seconds. This batter may be used for pancakes or waffles.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	329	811	1025	2165
Calories in a serving (3 oz.) . . .	37	91	115	243

BISCUIT

2 cups flour	$\frac{3}{4}$ -1 cup milk
2 tablespoons butter	4 teaspoons baking powder
	$\frac{1}{2}$ teaspoon salt

Sift the flour, salt and baking powder and work in the butter. Add the liquid gradually, mixing with a spatula or a spoon to a soft dough. Toss upon a floured board and pat or roll out to half inch in thickness. Shape with a biscuit cutter, place on a buttered or floured pan and bake in a hot oven twelve to fifteen minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	128	338	741	1207
Calories in a serving ($2\frac{1}{4}$ oz.) .	24	63	139	226

FRUIT ROLLS OR PINWHEEL BISCUITS

2 cups flour	2 teaspoons citron finely
$\frac{1}{2}$ teaspoon salt	chopped
2 tablespoons sugar	$\frac{1}{3}$ teaspoon cinnamon
2 tablespoons butter	$\frac{2}{3}$ cup milk
$\frac{1}{3}$ cup currants	4 teaspoons baking powder

Mix the same as for biscuit. Roll to one-fourth inch in thickness and spread with soft butter. Sprinkle with the sugar, cinnamon, and fruit, and roll like jelly roll. Cut in

three-fourth inch slices, place in a buttered tin, bake in a hot oven fifteen or twenty minutes. Chopped raisins may be used in place of the currants, but they have a tendency to soften.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	124	327	1079	1530
Calories in a serving (2 oz.) . . .	15	38	127	180

BRAN AND GRAHAM BISCUIT

1 cup Sterilized Bran	1 teaspoon salt
2 cups graham flour	2 tablespoons butter
1 cup milk	1 egg
4 teaspoons baking powder	

Mix the flour, bran, sugar, salt and baking powder together. Beat the egg slightly and add to the milk. Add the melted butter to the milk. Turn into the dry ingredients. Mix lightly but quickly. Turn upon a molding board and shape with a biscuit cutter. Bake fifteen to twenty minutes in a hot oven.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	175	401	735	1311
Calories in a serving (2 oz.) . . .	18	40	73	131

GRAHAM HURRY-UPS

1 cup white flour	$\frac{3}{4}$ cup milk
1 cup graham flour	$\frac{1}{2}$ teaspoon salt
2 tablespoons melted butter	4 teaspoons baking powder

Sift the salt and baking powder with the graham flour and white flour. Return the bran, which is removed by the sifting, to the flour. Rub the butter into the dry ingredients

and stir the milk into them. Drop by spoonfuls from a dessert spoon on an oiled pan and bake in a hot oven about twenty minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	162	423	753	1338
Calories in a serving (2oz.) . . .	16	42	75	133

BOSTON BROWN BREAD

1 cup white flour	$\frac{3}{4}$ cup molasses
1 cup cornmeal	$1\frac{3}{4}$ cups sweet milk
1 cup graham flour	$\frac{3}{4}$ teaspoon soda
1 teaspoon baking powder	1 teaspoon salt

Mix the dry ingredients. Add the milk to the molasses and stir into the dry ingredients. Mix thoroughly and put to steam in greased cans or molds, filling about three-fourths full. Steam three and one-half hours. Remove cover and dry in oven for a few minutes before serving.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	225	259	1721	2205
Calories in a serving (3 oz.) . . .	20	22	152	194

GRAHAM NUT AND DATE BREAD

1 cup scalded milk	2 tablespoons cold milk
1 cup boiling water	$\frac{1}{2}$ yeast cake
2 tablespoons shortening	1 qt. graham flour
2 teaspoons salt	1 cup white bread flour
4 tablespoons molasses	1 cup chopped dates
1 tablespoon powdered sugar	1 cup chopped pecans

Pour the scalded milk and boiling water over the shortening, salt and molasses placed in a bowl. Let cool until lukewarm. Soften the yeast cake in one-fourth cupful of the lukewarm liquid and add it to the rest of the liquid.

Beat in the graham and white flours, mixed together thoroughly. Cover and let rise. When double in bulk, knead in the dates and make into two loaves. Put in greased pans, let rise for an hour, covered, and bake an hour in a moderately hot oven. Fifteen minutes before taking from oven rub the top of the loaves with the powdered sugar dissolved in the cold milk.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	473	1474	2955	4902
Calories in a serving (1 oz.) . . .	9	29	58	96

NUT BREAD

1 1/2 cups milk	4 cups flour
1 egg	1 cup chopped English
1 teaspoon salt	Walnuts
1/2 cup sugar	7 teaspoons baking powder

Beat the egg thoroughly and add to the milk. Sift the flour, salt, sugar and baking powder together and add to the milk. Fold in the chopped walnut meats and turn into two buttered bread tins. Bake in a moderate oven forty minutes. Graham or whole wheat flour may be used, if desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	337	881	1990	3208
Calories in a serving (3 oz.) . . .	33	88	199	320

BRAN NUT BREAD

4 eggs	1 cup flour
1 cup sour milk	2 cups bran
1 cup walnuts	1/2 teaspoon soda
2 tablespoons butter or other shortening	
1/2 teaspoon salt	

Beat the eggs, add the sour milk (yogurt or acidophilus preferred). Sift the flour, soda and salt together, add the

bran and stir into the liquid. Add the melted butter and fold in the chopped nuts. Bake in loaf pan in moderate oven forty minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	400	1050	320	1770
Calories in a serving (2 oz.) . . .	40	105	32	177

CORN CAKE

$\frac{3}{4}$ cup yellow corn meal	1 tablespoon melted butter
$1\frac{1}{4}$ cups flour	1 cup milk
2 tablespoons sugar	1 egg
$\frac{1}{2}$ teaspoon salt	4 teaspoons baking powder

Sift the dry ingredients together. Beat the egg, add the milk and stir in the dry ingredients. Then add the melted butter. Turn into a buttered pan and bake in a quick oven twenty or thirty minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	146	301	876	1323
Calories in a serving (3 oz.) . . .	24	50	146	220

COFFEE CAKE

$\frac{1}{3}$ cup sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup milk	1 cup flour
1 egg	$\frac{1}{2}$ cup cornstarch
4 tablespoons melted butter	1 teaspoon cinnamon
4 teaspoons baking powder	

Mix all of the dry ingredients together. Beat the egg, add the milk and the dry ingredients; then add the melted butter and beat thoroughly. Turn into a shallow pan and bake in a quick oven. As soon as removed from the oven brush the top of the cake with melted butter, and sprinkle

over it two tablespoons of granulated sugar mixed with one teaspoon of cinnamon.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	88	536	982	1606
Calories in a serving (2 oz.) . . .	11	71	121	203

POPOVERS

1 cup flour
1 cup milk

1 egg
 $\frac{1}{2}$ teaspoon salt

Mix the flour, milk and salt to a smooth batter; add the unbeaten egg and beat the whole vigorously for five minutes. If desired, $\frac{1}{4}$ teaspoon of baking powder may be sifted with the flour to make the product a little more tender. Pour the batter into well greased popover cups, previously heated,—fill about half full and bake until big, inflated bubbles swell up over the cups. Reduce the heat toward the end. It will require about forty minutes to bake.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	101	149	394	644
Calories in a serving (2 oz.) . . .	17	25	65	107

CORN PONES

1 pint corn meal 1 teaspoon sugar
1 $\frac{1}{4}$ cups boiling water $\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ tablespoons butter

Dissolve the sugar and the salt in the water; mix the butter with the corn meal, then add the boiling water; cover and let stand ten minutes; shape into oblong cakes two and one-half inches long; bake in a quick oven twenty or thirty minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	86	271	770	1127
Calories in a serving (2 oz.) . . .	10	34	96	140

HOE CAKE

1 pint yellow corn meal 1 pint milk
 ¼ cup sugar 2 tablespoons butter
 ½ teaspoon salt

Mix the dry ingredients and the butter. Heat the milk to boiling and pour into the meal, stirring meanwhile. Cook directly over the fire until thickened. Drop by spoonfuls on an oiled pan and bake in a hot oven until nicely browned.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	147	521	1070	1738
Calories in a serving (2 oz.) . . .	12	43	89	144

BEATEN BISCUITS

½ cup butter (scant) A little more than ½ cup
 1 quart pastry flour water or milk
 1 teaspoon salt

Sift the flour and salt together and work in the butter. Moisten with sufficient cold water (preferably ice water) to form a stiff dough. Toss on a floured board and beat with the rolling pin thirty minutes, taking care to fold the dough over every few seconds, or pass the dough through a beaten biscuit machine for twenty minutes, folding each time the dough is passed through. Roll to one-third inch in thickness, cut into little round cakes with a biscuit cutter, and prick with a fork. Place in pie tins or on baking sheets and bake in a moderate oven twenty to thirty minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	213	964	1414	2591
Calories in a serving (2 oz.) . . .	21	97	141	259

OATEN CAKES

2 cups oatmeal $\frac{1}{2}$ teaspoon salt
 1 cup white flour 3 tablespoons butter
 $\frac{1}{2}$ cup or more of cold water

Mix the flour, salt and steel cut oatmeal and chop in the butter. Mix with cold water into a stiff dough. Knead, and roll into very thin cakes. Roll out into as round a piece as possible, trim and cut circle into quarters. Bake in the toasting oven directly under, but not too near the flame. When the upper side is brown turn and bake until nicely browned on the other side. This is the Scotch oaten cake which is said to have produced the brawn of the Scottish people.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	164	430	800	1394
Calories in a serving (1 oz.) . . .	13	36	67	116

SANDWICHES

EGG SANDWICHES

6 hard boiled egg-yolks	$\frac{1}{2}$ teaspoon salt
1 tablespoon lemon juice	$\frac{3}{4}$ loaf of bread
2 tablespoons cream	$\frac{1}{2}$ cup butter

Mash the egg-yolks and mix with the cream, lemon juice and salt. Spread between thin slices of buttered bread. The whole egg may be used, if desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	181	1338	552	2071
Calories in a serving (2 oz.) . . .	18	134	55	207

BAKED BEAN SANDWICHES

1 cup baked beans	1 tablespoon Chili Sauce
$1\frac{1}{2}$ tablespoons boiled dressing	$\frac{3}{4}$ cup butter
	1 loaf bread

Mash the beans quite thoroughly and mix with the boiled dressing and the Chili Sauce. Spread between thin slices of buttered bread.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	191	1495	945	2631
Calories in a serving (2 oz.) . . .	13	107	67	187

YOGURT AND JELLY SANDWICHES

$\frac{1}{4}$ pound Yogurt or Neufchatel Cheese	1 glass jelly
4 tablespoons cream	$1\frac{1}{2}$ loaves bread
	1 cup butter

Mix the cheese with the cream and spread between two slices of bread. Butter a third slice and spread with jelly.

Put this with the cheese sandwich, making a three-layer sandwich. Trim the crusts and cut into any desired shape.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	289	2240	1312	3841
Calories in a serving (2 oz.) . . .	24	187	109	320

EGG AND OLIVE SANDWICHES

2 hard boiled eggs	$\frac{1}{2}$ teaspoon salt
1 $\frac{1}{2}$ dozen ripe olives	4 tablespoons boiled
3 tablespoons lemon juice	dressing
1 loaf bread	$\frac{3}{4}$ cup butter

Put the egg through a fine sieve. Stone and chop the olives, season with salt and lemon juice, mix all with the boiled dressing, and spread on thinly cut slices of buttered bread. Cut in triangular shapes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	200	1964	795	2959
Calories in a serving (2 oz.) . . .	16	164	66	246

CELERY SANDWICHES

1 loaf bread	4 tablespoons boiled dressing
$\frac{3}{4}$ cup butter	1 small bunch celery

Select bread that is not more than twenty-four hours old, slice thinly and spread with butter softened by placing in a warm oven a few minutes. Remove tender stalks of celery from near the heart of the bunch, and for each sandwich select three or four small ones. Dip each stalk into cooked or raw boiled dressing, leaving enough of the stalk undipped to handle well. About these roll the buttered bread and tie with ribbon. Cut off the undipped ends of the celery.



YOGURT CHEESE SALAD



CELERY SANDWICHES

0 1 2 3

Chopped celery mixed with Boiled Dressing may be used in place of the celery stalks.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	147	1470	765	2382
Calories in a serving (2 oz.) . . .	12	123	65	200

CUCUMBER SANDWICHES

- | | |
|--------------------------|-----------------------|
| 1 loaf bread | 4 tablespoons boiled |
| $\frac{3}{4}$ cup butter | dressing |
| 1 teaspoon grated onion | 1 cup sliced cucumber |

Spread thinly cut slices of bread with butter. Place a crisp lettuce leaf on one slice. Make a filling of the sliced cucumber, boiled dressing, salt and grated onion. This sandwich should not be made up until ready to serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	151	1475	180	1806
Calories in a serving (2 oz.) . . .	12	123	65	200

PEANUT BUTTER SANDWICHES

- 1 loaf bread ¾ cup butter
¾ cup peanut butter

Cut the bread into thin slices. Butter one-half of the bread sparingly with dairy butter. Spread the remaining half of the bread with peanut butter. Put the two slices together. Trim the crusts and cut into oblong or triangular shaped sandwiches.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	331	2069	846	3246
Calories in a serving (2 oz.) . . .	28	172	70	270

PINEAPPLE AND CELERY SANDWICHES

$\frac{1}{2}$ pint can sliced pineapple $\frac{1}{4}$ cup boiled dressing
 $\frac{1}{2}$ cup cut celery 1 loaf bread
 1 cup butter

Drain the juice from the pineapple, cut into small pieces and add the cut celery. Mix with boiled dressing or, if preferred, the Mayonnaise Dressing. Spread on thinly sliced buttered bread. Trim the crusts and cut into desired shapes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	146	1484	1089	2719
Calories in a serving (2 oz.) . . .	12	123	91	226

PROTOSE SANDWICHES

1 loaf bread $\frac{1}{2}$ cup boiled dressing
 $\frac{3}{4}$ cup butter $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ pound can Protose 1 teaspoon celery salt

Mince the Protose and mix well with the seasonings. Add the boiled dressing and spread between thinly sliced buttered bread. Trim the crusts, and cut into oblong or triangular shaped sandwiches.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	335	1712	851	2898
Calories in a serving (2 oz.) . . .	29	143	71	243

NUT AND OLIVE SANDWICHES

1 loaf bread $\frac{3}{4}$ cup butter
 1 cup ripe olives $\frac{3}{4}$ cup shelled English
 $\frac{1}{4}$ cup boiled dressing Walnuts

Cut the meat from the olives and chop very fine. Chop the walnuts also, and bind the nuts and the olives

with the boiled dressing. Spread this mixture between thin slices of bread, sparingly buttered.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	206	2232	824	3262
Calories in a serving (2 oz.) . . .	17	186	68	271

TOMATO SANDWICHES

1 loaf bread ¼ cup boiled dressing
¾ cup butter 3 medium sized tomatoes

Spread thinly cut slices of bread with butter. Spread one slice with boiled dressing, the other with slices of fresh tomato. Sprinkle the tomato with salt and put the slices of bread together. Cut into any desired shape.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	158	1486	820	2464
Calories in a serving (2 oz.) . . .	13	123	69	205

CHEESE AND PINEAPPLE SANDWICHES

1 cup grated Yogurt or ½ cup shredded pineapple
Neufchatel Cheese ¾ cup butter
1 loaf bread

Mix the cheese and pineapple thoroughly and spread between thin slices of buttered bread. Canned pineapple is used in this recipe.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	213	1693	911	2817
Calories in a serving (2 oz.) . . .	17	141	76	234

LETTUCE SANDWICHES

1 loaf bread ¼ pound crisp lettuce leaves
¾ cup butter 4 tablespoons boiled dressing

Butter the bread and spread between each two slices boiled dressing and a crisp lettuce leaf. Cut into two pieces, trim and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	147	1472	762	2381
Calories in a serving (2 oz.) . . .	12	123	63	198

COTTAGE CHEESE SANDWICHES

1 loaf bread 4 tablespoons melted butter
¾ cup butter 1½ tablespoons lemon juice
1 cup Cottage Cheese

Mix the Cottage Cheese with melted butter and lemon juice, adding a little salt, if desired. Spread this between the buttered bread, thinly sliced.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	322	1375	777	2474
Calories in a serving (2 oz.) . . .	27	114	68	209

MARMALADE AND CHEESE SANDWICHES

1 loaf bread ¼ pound (1 cup) Cottage
¾ cup butter Cheese
1 glass orange marmalade 2 tablespoons cream

Butter thin slices of bread. Spread one slice with orange marmalade and the other slice with Cottage, Yogurt or Neufchatel Cheese, thinned with cream to the proper consistency to spread. Put the two slices together, trim the edges and cut into any desired shape.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	221	1735	1519	3475
Calories in a serving (2 oz.) . . .	18	144	127	289

FIG AND NUT SANDWICH

3 figs

12 English Walnuts

3 tablespoons lemon juice

Chop figs and walnuts, moisten with lemon juice and spread between bread. This amount of filling is sufficient for 5 sandwiches.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	89	360	518	967
Calories in a serving (2 oz.) . . .	17	68	99	184

TROPICAL SANDWICHES

 $\frac{1}{4}$ cup chopped raisins $\frac{1}{4}$ cup chopped steamed figs

2 oz. shredded cocoanut 1 tablespoon of maple syrup

1 tablespoon lemon juice

Put cocoanut, figs and raisins through a food chopper; add other ingredients. If mixture seems too dry to spread easily a little fruit juice may be added. Spread on thinly sliced buttered bread. Eight thin slices of bread are used in this recipe. Trim the crusts and cut into desired shapes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	31	421	412	864
Calories in one sandwich ($1\frac{3}{4}$ oz.)	10	116	87	213

RIBBON SANDWICH

Spread three slices of whole wheat bread and two slices of white bread with creamed butter. Put together alternately whole wheat and then white. Trim the crusts and slice at right angles with buttered sides. This will make five sandwiches.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	35	279	180	494
Calories in 1 sandwich ($\frac{7}{8}$ oz.)	7	56	36	99

DAIRY PRODUCTS

PASTEURIZED MILK

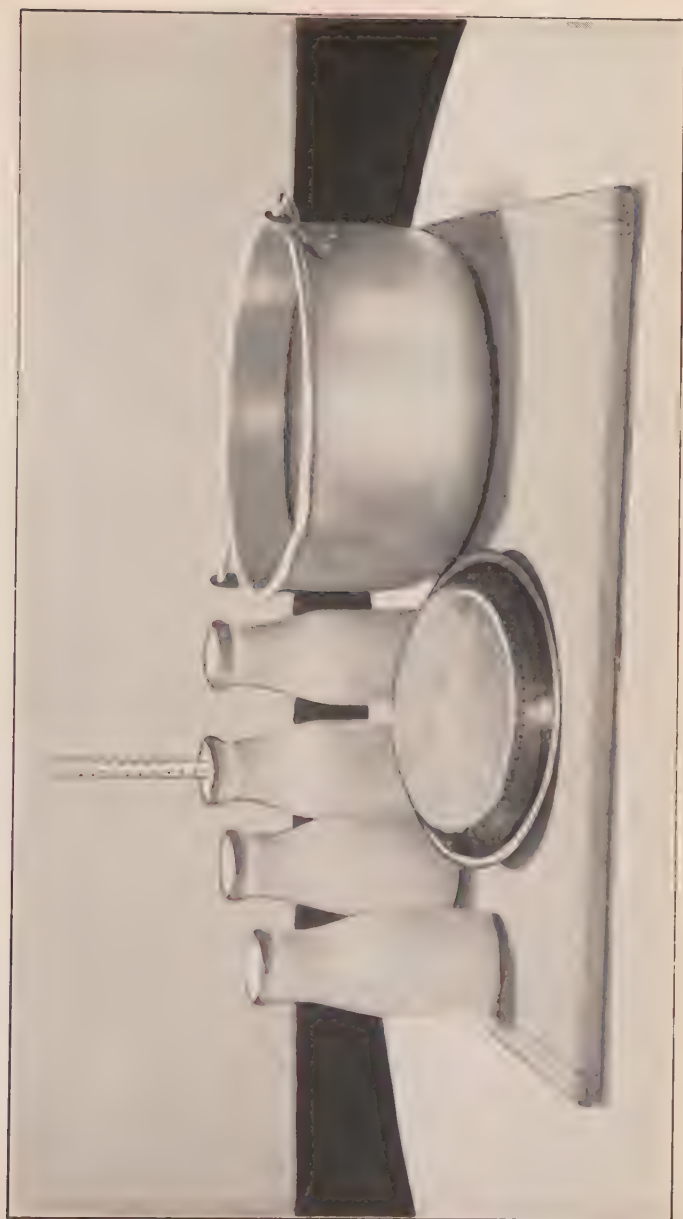
THE following articles are necessary for the pasteurization of milk: Pail or deep kettle, a rack, such as is placed under meats in cooking, or a perforated pie tin and a dairy thermometer.

Place the rack, or an inverted, perforated pie tin, in the bottom of the pail. Arrange the bottles of milk on the rack. Do not remove the caps from the bottles. With a towel wrung out of hot water cleanse the caps and mouths of the bottles. Make an opening in the cap of one of them large enough to insert a thermometer, previously sterilized by having been put into cold water and brought to boiling point. Surround the bottles with cold water. Fill the pail sufficiently full that the water will entirely surround the milk. Place the pail containing the bottles over the fire and bring quickly to a temperature of 145° to 150° F. as is indicated by the thermometer within the bottle of milk. As soon as this temperature is reached, remove the bottles to a table or shelf out of a draft, cover with a towel and let stand ten to twenty minutes. Then cool by placing in warm water and gradually replacing with cold water. Set on ice, and do not remove the caps until the milk is needed.

STERILIZED, OR SWEET BUTTER

The word "sterilized" is a misnomer here, as the process is one of pasteurization rather than sterilization.

Use only sweet cream. Pasteurize it the same as for pasteurized milk. It may be more convenient to use a double boiler for this purpose. If so, bring the cream to



SIMPLE ARRANGEMENT FOR PASTEURIZING MILK

a temperature of 145° to 150° F., and proceed the same as for pasteurization of milk. Cool the cream to about 50° F. Churn the cream, keeping it at as nearly 50° F. as possible. Collect the butter and work with a paddle, scalded and then chilled, and press into a mold or a roll. Sweet butter is served without salt, though some salt may be used if preferred.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving ($\frac{1}{2}$ oz.) . .	1	108	0	109

COTTAGE CHEESE

Heat sour milk very slowly until the whey rises to the top; pour it off, put the curd into a bag and let drip for six hours without squeezing. Put into a bowl and break it fine with a wooden spoon. Season with salt and mix into a paste with a little cream, using one cup of cream to one quart of Cottage Cheese. Mold into balls and keep in a cold place.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (2 oz.) . . .	38	22	10	70

BUTTER BALLS

Cut a pound of butter into thirty-two one-half ounce squares. Scald and soften the butter paddles with hot water. Scrub with brush and hot soapsuds, and chill in cold or ice water. Roll the butter between the paddles to form the balls.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	18	3481	0	3499
Calories in a serving ($\frac{1}{2}$ oz.) . .	1	108	0	109

CREAM SOUPS

SOUPS are served chiefly as appetizers, though they may be made to convey considerable nourishment. As appetizers they appeal through the senses of taste and smell. It is therefore important that they should be served hot, as hot foods give off aromas which affect the nerves of smell.

Soups may be classified as Cream Soups and Plain Soups, or Soups without milk or cream.

The Cream Soups are the more nourishing, though many of the Plain Soups are of a high nutritive value. Cream gives a very delicate flavor to cooked foods, but it is often not a convenient article.

Milk and butter may be substituted for the cream in the proportion of two level tablespoons of butter and seven-eighths cup of milk for each cup of cream. When milk and butter are used in soups as a substitute for cream, a little flour should be used for binding. White Sauce is so frequently used as a foundation for soups, that it is given herewith:

WHITE SAUCE

4 tablespoons flour

2 cups milk

4 tablespoons butter

1 teaspoon salt

Melt the butter in a sauce pan, add the flour and salt and cook for a minute or two. Add the milk and stir until it thickens. Cook for five minutes over the flame or, better still, remove to a double boiler and cook 15 to 20 minutes.

Methods of Thickening

There are various methods of thickening soups and sauces. When flour or corn starch is used, it must be braided with a little cold water or milk, or other liquid, until perfectly smooth. This is best accomplished by adding the liquid in small amounts, stirring between each addition. When of the consistency to pour, add it to the boiling liquids and stir until thickened.

When butter or other fats are used with the flour in about equal proportions, the method most commonly followed is that described in the making of White Sauce. This is a very easy way when the liquids are added cold, as there is no danger of lumping, providing the mixture is stirred until it thickens. The same method may be used in adding hot liquids, except that more care must be used in adding the liquid. First, remove the flour and butter from the fire and add the hot liquid slowly, stirring meanwhile. Then return to the fire and stir till thickened.

Another method for thickening hot liquids is to rub the butter and flour to a smooth paste and add to the hot liquid, stirring it in quickly. It should then be put over the flame and stirred until thickened.

The seasoning of soups is a very important part of the making of them and may be said to be the high art of the cook. A change in seasonings lends variety to otherwise plain soups. Onions, celery, bay leaf, thyme, summer savory, onion salt, celery salt, parsley, lemon rind and vegetable extracts such as Japanese Soy and those made from yeast, Savita, Vegex, etc., all add very much to the palatability of soup. Usually not more than two or three of these seasonings may be used advantageously in one recipe.

A crisp cereal preparation, such as a cracker, thin, crisp toast or croutons, should be served with soup, thus insuring some mastication of the otherwise liquid food.

CROUTONS

Cut bread into half-inch cubes. Toast in a moderate oven.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving ($\frac{1}{2}$ oz.) . .	5	2	30	37

BREAD STICKS

Cut stale bread into pieces three inches long and one-half inch thick. Toast in a moderate oven.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving ($\frac{1}{2}$ oz.) . .	5	2	30	37

CREAM OF CELERY SOUP

1 cup diced celery	$\frac{1}{2}$ teaspoon salt
1 pint water	1 pint White Sauce

Cook the diced celery, for which one large bunch will furnish the required quantity, in the salted water, until tender. The quantity of celery and liquid should equal one pint. To this mixture add one pint of White Sauce. Add salt.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	80	634	195	909
Calories in a serving ($4\frac{3}{4}$ oz.) .	11	94	29	134

CREAM OF CORN SOUP

1 can of corn	2 teaspoons salt
1 quart of milk	3 tablespoons flour
3 tablespoons butter	

Rub the corn through a colander, then turn into a sauce pan, add a little water and cook gently over the fire for a few minutes. Prepare a White Sauce of the milk, flour, butter and salt. Turn the corn into the White Sauce and cook together for a few minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	195	781	681	1657
Calories in a serving (4¾ oz.) .	17	68	60	145

CREAM OF POTATO SOUP NO. 1

3 medium-sized potatoes	½ cup cream
1 pint milk	2 teaspoons salt

Wash and pare the potatoes, slice and put to cook in sufficient boiling water to cover. Put through a colander with the liquid in which they were cooked. Heat the milk and cream and add to the mashed potatoes. Add salt and cook five minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	122	390	531	1043
Calories in a serving (4¾ oz.) .	12	38	53	103

CREAM OF POTATO SOUP NO. 2

2 medium sized potatoes	1 tablespoon butter
1 pint milk and potato water	1 tablespoon flour
	½ teaspoon salt
2 teaspoons grated onion	¼ teaspoon celery salt
2 teaspoons chopped parsley	

Wash and pare the potatoes, slice, and put to cook in sufficient boiling, salted water to cover. Cook until tender. Drain the liquid into a pint measure and mash the potatoes. Add sufficient milk to fill the pint measure and turn into the mashed potatoes. Add the grated onion, salt and celery

salt to the liquid. Rub the flour and butter together and turn it, stirring meanwhile, into the hot liquids. Put to cook over the fire and let boil slowly for five minutes or more. Add the chopped parsley just before serving.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	64	210	319	593
Calories in a serving ($4\frac{3}{4}$ oz.) .	10	36	54	100

CREAM OF TOMATO SOUP

1 can tomatoes	$\frac{1}{3}$ cup flour
$\frac{1}{3}$ cup butter	3 teaspoons salt
1 quart milk	

Cover and stew the tomatoes slowly one-half to one hour; rub through a strainer. Make a White Sauce and add the strained tomato slowly. One-third cream instead of all milk may be used, and adds to the flavor. When cream is used, two tablespoons of butter are all that is necessary.

Condensed tomato may be used advantageously in this recipe, in which case use one and one-fourth cups condensed tomato and an equal quantity of water. It is not necessary to cook this before adding to the White Sauce except to bring it to the boiling point.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	183	768	463	1414
Calories in a serving ($4\frac{3}{4}$ oz.) .	12	52	31	95

CREAM OF RICE SOUP

$\frac{1}{4}$ cup rice	$1\frac{1}{2}$ teaspoon salt
2 cups water	3 cups milk
2 slices onion	1 tablespoon butter
$\frac{1}{4}$ teaspoon almond extract	

Add the rice and onion to the boiling water. Cook until tender, then rub through the colander. Add the butter and hot milk. Reheat, season with salt and extract, and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	116	405	159	680
Calories in a serving (4¾ oz.) .	11	40	16	67

CREAM OF VEGETABLE OYSTER SOUP NO. 1

1½ cups diced vegetable oysters	1½ teaspoons salt 1 cup cream
2 cups water	2 cups milk

Cook the vegetable oysters in the boiling, salted water. When tender, take out one-third of them, and put the remainder through the colander. Add to the purée the diced vegetable oysters. Heat the milk and cream in the double boiler, and add to the hot purée. Salt and serve at once.

An additional cup (scant) of milk and two tablespoons of butter may be used in place of the cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	89	606	157	852
Calories in a serving (4¾ oz.) .	13	90	23	126

CREAM OF VEGETABLE OYSTER SOUP NO. 2

1⅓ cups vegetable oysters (sliced)	1½ teaspoons salt 3 tablespoons flour
2 cups water	3 tablespoons butter 2 cups milk

Cook the vegetable oysters in two cups of water. Take out one-third of them. Put the remainder through the colander, and add this pulp to the sliced vegetable oysters. Make a White Sauce of the butter, flour and milk. Add salt,

and cook for five or more minutes. After combining the White Sauce with the vegetable oysters, measure and add water sufficient to make one quart.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	76	553	178	807
Calories in a serving ($4\frac{3}{4}$ oz.) .	9	69	22	100

CREAM OF BROWNED ONION SOUP

4 medium sized onions	3 tablespoons butter
1 cup water	2 cups milk
3 tablespoons flour	$1\frac{1}{4}$ teaspoons salt

Slice the onions and put in a buttered pan. Add a little water, and put into the oven, covered. When tender, remove the cover and brown. Rub the browned onions through a colander, add the water and the White Sauce, made from the milk, flour and butter. Cook all together for a few minutes; add salt and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	150	541	831	1522
Calories in a serving ($4\frac{3}{4}$ oz.) .	12	46	70	128

CREAM OF OKRA SOUP

1 cup okra, stewed or canned	$\frac{2}{3}$ cup cream
$\frac{1}{2}$ cup stewed tomatoes or 2 tablespoons condensed tomatoes	1 teaspoon brown sugar
1 cup water	1 teaspoon grated onion
	4 teaspoons Savita or
	3 tablespoons Japanese Soy
	1 tablespoon flour

Cook together the stewed tomato, water and Savita. Add the okra and heat. Rub through a colander. Add grated onion, brown sugar, and the flour, moistened with a little

cold water. Let simmer fifteen minutes or more, heat the cream, and add to the soup just before serving.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	30	257	119	406
Calories in a serving (4¾ oz.) .	5	47	22	74

CREAM OF GREEN PEPPER SOUP

3 green peppers	2½ tablespoons butter
1½ cups milk	1⅓ tablespoons flour
1 cup pepper broth	2 teaspoons Savita
¼ teaspoon salt	

Wash three green peppers, remove the stems and seeds. Cut the peppers into small pieces; cook in boiling, salted water until tender. Drain, reserve one cupful of the pepper broth. Put the peppers through a purée sieve and add to the broth. Melt two and one-half tablespoons of butter; add the flour and stir thoroughly until blended. Add one and one-half cupfuls of hot milk and Savita. Combine the mixture. Stir until smooth and creamy. Serve at once.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	63	405	127	595
Calories in a serving (3 oz.) . . .	9	58	18	85

CREAM OF ASPARAGUS SOUP

1 pint can asparagus	2 tablespoons butter
2 cups milk	2 tablespoons flour
1 teaspoon salt	

Wash the asparagus by letting cold water run over it; put through a colander, making one cup of purée. Let boil fifteen minutes. Make a White Sauce of the other ingredients; add the hot purée slowly, stirring constantly.

Serve immediately. Fresh asparagus, boiled or steamed until tender is preferable when in season to the canned asparagus.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	94	419	186	699
Calories in a serving (4¾ oz.).	14	62	26	102

CREAM OF CRECY SOUP

3 medium-sized carrots	1 slice onion (⅛ inch
2 cups milk	thick)
1 tablespoon flour	1 bay leaf
½ cup cream	1 teaspoon salt

Wash, scrape and slice the carrots; cook in boiling, salted water. Steep the bay leaf and onion in the milk in a double boiler for fifteen minutes. Remove the onion and bay leaf and thicken with flour rubbed smooth with a little of the cold milk reserved for that purpose. Put the carrots through a colander and add to the thickened milk. Add the cream and reheat. Parsley may be added.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	82	392	197	671
Calories in a serving (4¾ oz.).	13	62	31	106

SWISS SOUP

2 small potatoes	1½ tablespoons flour
½ small turnip	2 tablespoons butter
¼ onion	2 teaspoons Savita
1 pint milk	3 cups water
	1 teaspoon salt

Wash, pare and cut potatoes and turnips in one-quarter inch slices. Put to cook in three cups of boiling water. Add onions, cut into thin slices. Cook until the vegetables are

tender. Drain, reserving the water to add to vegetables, after they have been rubbed through a sieve. Make a thin White Sauce of butter, flour, milk and Savita and add to the vegetables.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	90	395	286	771
Calories in a serving (3 oz.) . . .	8	37	27	72

CREAM OF SWEET POTATO SOUP

6 small sweet potatoes 1½ teaspoons salt
 1 quart water 1 cup cream
 1½ teaspoons minced parsley

Peel potatoes and immerse at once in cold water to which has been added a little flour to prevent discoloration. Drain and put to cook in sufficient boiling water to cover. When tender, drain and rub through a colander. This should make three cups of mashed potato. Add water, cream, salt and parsley. Reheat and serve. The water in which the potatoes are cooked may be used as a part of the liquid unless it is very dark.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	84	433	978	1495
Calories in a serving (4¾ oz.) .	6	33	85	124

CREAM OF BARLEY SOUP

¼ cup barley ⅔ pint milk
 ⅓ pint cream 3 cups water
 1 teaspoon salt

Soak the barley a few hours, or over night. Drain and cook in three cups water. When tender, take out one-third of the barley, put the remainder through a colander, add the

cream and milk and the strained one-third. Reheat, add salt and serve. If cream is not obtainable, a thin White Sauce may be used instead. A little onion or celery may be added for seasoning, if desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	72	388	243	703
Calories in a serving ($4\frac{3}{4}$ oz.) .	11	57	36	104

CREAM OF GREEN PEA SOUP NO. 1

1 pint, or 1 can, green peas	2 tablespoons butter
1 quart water	2 tablespoons flour
1 pint milk	1 teaspoon salt
1 tablespoon sugar	

Wash the peas and cook in the boiling water, until soft, then mash through a colander and add to the liquid in which they were cooked. Make a White Sauce of the butter, flour and milk and add to the mashed peas. Add the salt and sugar and cook together five or more minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	163	430	423	1016
Calories in a serving ($4\frac{3}{4}$ oz.) .	13	34	33	80

CREAM OF GREEN PEA SOUP NO. 2

1 cup peas purée	$1\frac{1}{2}$ cups water
1 tablespoon flour	1 tablespoon butter
$1\frac{1}{2}$ cups milk	1 teaspoon salt

Press freshly boiled or canned peas through a colander to make a purée. To one cup of purée add salt and water and boil fifteen minutes. Make a White Sauce of flour,

butter and milk and add to the strained peas. Add sufficient boiling water to make up for the amount lost in evaporation.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	96	264	206	566
Calories in a serving (4¾ oz.).	12	33	25	70

CREAM OF CHESTNUT SOUP

2 cups mashed chestnuts	4 tablespoons flour
4 tablespoons butter	6 cups milk
1½ teaspoons salt	

Prepare the chestnuts by immersing in boiling water and cooking for ten minutes. Remove them from the hot water, a few at a time, and quickly remove both skins with a sharp paring knife. Mash them through a colander. Make a White Sauce of the remaining ingredients and add the mashed chestnuts. Reheat and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	273	1177	888	2338
Calories in a serving (4¾ oz.).	22	93	70	185

WASHINGTON CHOWDER

2 medium sized potatoes	1 cup stewed tomatoes
1½ cups water	1 cup corn
½ small onion	1 cup milk
1 teaspoon salt	1 cup cream

Slice the onion and cook with the potatoes in the boiling, salted water. When tender, add the tomatoes and corn and bring to the boiling point. Heat the cream and milk and add to the vegetables just before serving.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	150	541	831	1522
Calories in a serving (4¾ oz.)	12	46	70	128

CORN CHOWDER

$\frac{1}{2}$ can corn	1 sliced onion
1 pint sliced potatoes	1 pint of milk
2 tablespoons butter	$\frac{1}{2}$ teaspoon salt
1 cup water	

Cook the onion in the double boiler in one-half the butter for twenty minutes. Add the sliced potatoes and one cup boiling water. Cook directly over the flame until the potatoes are tender. Add the corn, milk and the remainder of the butter. Heat to the boiling point, and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	155	594	840	1589
Calories in a serving ($4\frac{3}{4}$ oz.) .	16	63	88	167

POTATO CHOWDER

$\frac{3}{4}$ pint sliced potatoes	$\frac{1}{2}$ small onion
1 pint boiling water	$1\frac{1}{2}$ cups milk
1 teaspoon salt	$\frac{1}{2}$ cup cream

Put the potatoes and sliced onion to cook in the boiling, salted water. When tender, put two-thirds of them through a colander and add to the remainder of the potatoes. Add the milk and cream, reheat and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	81	339	299	719
Calories in a serving ($4\frac{3}{4}$ oz.) .	12	50	44	106

CREAM OF SQUASH SOUP

1 pint mashed squash	1 tablespoon butter
1 quart milk	1 teaspoon salt
1 tablespoon flour	$1\frac{1}{2}$ tablespoons sugar
$\frac{1}{2}$ cup whipped cream	

Put the squash, which may be freshly cooked or canned, with the sugar and salt in a saucepan and heat. Make a White Sauce of butter, flour and milk. Cook gently for five minutes or more and add to the mashed squash. Cook again another fifteen to twenty minutes and serve. Place a spoonful of whipped cream on top of each individual serving.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	140	522	481	1143
Calories in a serving (4¾ oz.) .	14	51	47	112

OATMEAL AND MUSHROOM SOUP

3 tablespoons butter	1 teaspoon salt
1 medium-sized onion	1 quart water
½ cup oatmeal	1 pint milk
½ cup chopped mushrooms	

Peel the onion and chop finely. Place in a double boiler with the batter and cook fifteen to twenty minutes, add the oatmeal and the boiling water and cook directly over the flame for about ten minutes. Then place in the double boiler and cook from two to three hours. Rub through a colander and add the milk. When thoroughly heated add the chopped mushrooms and salt. The mushrooms are somewhat improved in flavor by broiling in a little butter a few minutes before adding to the soup. A spoonful of whipped cream may be added to each serving.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	113	552	278	943
Calories in a serving (4¾ oz.) .	9	48	24	81

CREAM OF MUSHROOM SOUP

1 cup chopped mushrooms and liquid	4 tablespoons flour
1 quart milk	2 tablespoons butter
	2 cups water
1 tablespoon Savita	

Dissolve Savita in water. Add chopped mushrooms and liquid. Boil one-half hour. Melt butter, add flour and milk. Stir until thickened, then combine with first mixture and serve at once.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	147	566	373	1086
Calories in a serving (4¾ oz.) .	8	31	21	60

TOMATO BISQUE

1 quart can tomatoes	3 two-inch sticks cinnamon
1 pint water	3 slices lemon
2 teaspoons salt	1 tablespoon butter
1½ tablespoons sugar	3 tablespoons flour
1 cup cream	

Cook the tomato, sugar, cinnamon and lemon in the salted water for twenty minutes. Remove the cinnamon and lemon and put the tomatoes through a colander. Make a White Sauce of the milk, flour and butter. Then add the tomatoes. Heat almost to the boiling point. Add the hot cream and serve at once. Bay leaf and onion may be used for seasoning in preference to the cinnamon and lemon.

Condensed tomato may be used in this recipe, in which case use one and one-fourth cups condensed tomato and an additional two and one-half cups of water.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	74	506	336	916
Calories in a serving (4¾ oz.) .	6	43	28	77

RUSSIAN BEET SOUP

$\frac{1}{2}$ cup beet pulp	1 tablespoon sugar
$\frac{1}{2}$ cup cream	$1\frac{1}{2}$ teaspoons salt
$2\frac{1}{2}$ cups water	2 eggs
4 teaspoons lemon juice	

Three medium sized beets make one cup of pulp. Cook the beets until tender, rub through colander, add cream, water, sugar, salt and put in the double boiler to heat. Beat the eggs slightly, add a cup of hot liquid from double boiler, stirring constantly. Return to double boiler and stir until it thickens slightly. Remove from the fire and add the lemon slowly.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	41	231	80	352
Calories in a serving ($4\frac{3}{4}$ oz.) .	6	36	13	55

CREAM OF ALMOND SOUP

$\frac{1}{4}$ cup rice	$\frac{1}{2}$ pound shelled almonds
2 quarts hot milk	1 tablespoon sugar
1 quart boiling water	1 cup cold water
2 teaspoons salt	

Wash the rice thoroughly in several waters. Put to cook in one quart of boiling water and let boil actively for twelve to fifteen minutes, then drain off the water and add the partially cooked rice to the hot milk. Cook three-quarters of an hour. Blanch the almonds by throwing them into boiling water for about one minute, or until the skin loosens from the nuts. Place them between towels. Rub vigorously to remove skin. Place the blanched almonds in a mortar and pound them with a pestle, or, if not obtainable, use a wooden chopping bowl and potato masher. Add a little

of the cold water from time to time. When the nuts have been reduced to a paste, add to the rice and milk, then add the sugar and salt. A few drops of almond flavoring may be used instead of the almonds.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	649	3120	672	4441
Calories in a serving (4¾ oz.) .	30	148	32	210

CREAM OF LENTIL SOUP

1 cup lentils	2 cups milk
3 tablespoons flour	2 teaspoons salt
3 tablespoons butter	

Soak the lentils over night in three cups of water. Cook two to three hours. When tender, rub through the colander and add hot water sufficient to make one pint of purée. Make a White Sauce of the butter, flour and milk, and add gradually to the lentil purée, reheat, salt, and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	299	543	653	1495
Calories in a serving (4¾ oz.) .	44	80	97	221

CREAM OF BEAN SOUP

1 cup white beans	1½ tablespoons flour
2 teaspoons salt	2 cups milk
1½ tablespoons butter	½ teaspoon onion salt

Put the beans to soak over night. Drain and put to cook in one and one-half quarts boiling water. When tender, rub through a colander and add to the liquid in which they were cooked. Make a White Sauce of the flour, butter and

milk, add the salt and turn into mashed beans. Cook together five minutes and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	232	659	566	1457
Calories in a serving (4¾ oz.) .	18	52	45	115

CREAM OF LIMA BEAN SOUP

1 cup dried lima beans	1 tablespoon flour
2 cups milk	1 teaspoon salt
1 tablespoon butter	¼ teaspoon onion salt

Soak the beans in cold water over night. Put to cook in a quart of boiling water. Let simmer until the beans are perfectly tender, then put through a colander. Make a White Sauce of the milk, flour, butter and salt. Add the bean purée and water sufficient to make one quart of soup. Add the salt and onion salt just before serving.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	198	555	901	1654
Calories in a serving (4¾ oz.) .	29	82	134	245

CREAM OF SCOTCH PEA SOUP

½ cup Scotch peas	2 cups milk
2 tablespoons butter	1½ teaspoons salt
2 tablespoons flour	1 tablespoon sugar

Cook the peas five to six hours, or until tender, in the quart of water. Rub through the colander. Add water sufficient to make one pint of purée. Make a White Sauce of the butter, flour and milk, and add to it the purée. Cook a few moments, add the salt, sugar and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	250	431	651	1332
Calories in a serving (4¾ oz.) .	37	64	96	197

CREAM OF SPLIT PEA SOUP

1 cup split peas	3 tablespoons butter
2 tablespoons chopped onion	3 tablespoons flour
	1½ teaspoons salt
1 pint milk	

Soak the peas over night in cold water, drain, and rinse thoroughly, add two and one-half quarts of cold water and the onion. Cook slowly until soft, then rub through a strainer. Make a White Sauce of the remaining ingredients and add to the above. Cook together five minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	255	542	627	1424
Calories in a serving (4¾ oz.) .	12	25	30	67

MANHATTAN SOUP

1 quart Vegetable Bouillon or Savita Bouillon	¼ teaspoon sugar
4 tablespoons flour, slightly browned	3 tablespoons butter
	½ cup cream
	½ cup whipping cream
½ egg-white	

Rub the flour and butter together. Heat the Vegetable Bouillon and pour slowly over the flour and butter, stirring meanwhile. Let boil five minutes, add the cream and reheat. Serve in bouillon cups. Beat the whipping cream until stiff, add the beaten egg-white and season with a few grains of salt, and one-fourth teaspoon sugar. Serve a spoonful of the seasoned whipped cream on top of each serving of bouillon. Two tablespoons of mashed pimento added to the whipped cream also improves the flavor and appearance.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	51	708	128	887
Calories in a serving (4¾ oz.) .	6	88	16	110

CREAM OF SPINACH SOUP

$\frac{1}{2}$ cup cooked spinach	2 tablespoons butter
3 cups milk	1 teaspoon salt
2 tablespoons flour	

Put the spinach through a colander. Make a White Sauce of the remaining ingredients, add the spinach and reheat. If canned spinach is used it should be boiled fifteen minutes or more.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	102	514	188	804
Calories in a serving ($4\frac{3}{4}$ oz.) .	18	90	33	141

PLAIN SOUPS

TOMATO SOUP

1 can tomatoes	1 small bay leaf
1 pint water	1½ tablespoons butter
1 teaspoon salt	3 tablespoons flour
1 slice onion	2 teaspoons sugar
2 teaspoons Savita	

Cook the tomatoes, water, bay leaf, onion, salt and Savita together fifteen to twenty minutes and strain. Rub the flour and butter together, pour the strained tomato into it slowly, stirring continuously. Let boil five or more minutes and serve.

Other seasonings may be used instead of those given. Three slices of lemon and three two-inch sticks of cinnamon may take the place of the onion and bay leaf. The Savita may be omitted. One and one-fourth cups of condensed tomato and two and one-half cups of water may be used instead of the quart of tomatoes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	51	182	248	481
Calories in a serving (4¾ oz.) .	6	22	29	57

TOMATO AND CELERY SOUP

1 cup celery cut into half-inch pieces	1 tablespoon of sugar
1 pint water	2 teaspoons salt
1 quart tomatoes	1½ tablespoons flour
	2 tablespoons butter
1 bay leaf	

Rub the contents of a quart of tomatoes through a colander. Boil together the celery, water, strained tomato, bay leaf, sugar and salt. When celery is tender, bind the ingredients together by rubbing the flour and butter together and adding to the hot liquid, stirring meanwhile. Let boil five or more minutes. Remove the bay leaf; add sufficient water to make one and one-half quarts soup.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	53	235	251	539
Calories in a serving ($4\frac{3}{4}$ oz.).	5	23	25	53

CREOLE SOUP

$\frac{1}{2}$ quart can tomato	1 small carrot
2 tablespoons rice	1 large onion
1 small turnip	1 tablespoon butter
2 teaspoons salt	

Peel and slice the turnip, carrot, and onion. Cook these vegetables with the rice, tomato and salt in two cups of water. When the vegetables are tender, rub through the colander. Add the butter and, if necessary, water sufficient to make one quart. Three-fourths cup condensed tomato may be used instead of the canned tomato.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	53	127	313	493
Calories in a serving ($4\frac{3}{4}$ oz.).	8	19	46	73

TOMATO BOUILLON

1 cup sliced carrots	1 cup chopped onions
1 cup sliced turnips	2 cups strained tomatoes
1 cup chopped celery	1 teaspoon salt

Cook the vegetables, which have been sliced, in the water until tender. Strain off liquid, which should equal one pint.

Put the tomato through a colander, salt, and add to the vegetables. One bay leaf may be added to vegetables when cooking. Three-fourths cup condensed tomato may be used instead of the canned tomato.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	27	8	73	108
Calories in a serving ($4\frac{3}{4}$ oz.) .	4	1	11	16

ITALIAN SOUP

1 quart Tomato Bouillon

$\frac{1}{2}$ cup macaroni

Cook the macaroni according to general directions for cooking macaroni and add to the Tomato Bouillon. When the macaroni has become tender, drain off the water, adding a dash of cold water to keep the macaroni from sticking. Drain again, cut the macaroni into small rings, and add to bouillon. Macaroni ringlets or Italian paste may be substituted, if desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	35	6	180	221
Calories in a serving ($4\frac{3}{4}$ oz.) .	4	7	21	32

TOMATO VERMICELLI

$\frac{1}{2}$ cup vermicelli

1 quart Italian soup

Cook one-half cup vermicelli, broken into inch lengths, in boiling, salted water, and add to Italian soup, in place of the macaroni.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	35	6	180	221
Calories in a serving ($4\frac{3}{4}$ oz.) .	4	7	21	32

OKRA SOUP

2 cups cooked okra 2 teaspoons grated onion
 2 cups water 2 tablespoons Savita
 1½ cups strained tomato

Rub the okra through a colander. Heat with the other ingredients, and serve. Three tablespoons Japanese Soy, may be used instead of the Savita.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	29	10	120	159
Calories in a serving (4¾ oz.) .	2	1	9	12

GREEN PEA SOUP

1 pint canned peas 1 tablespoon butter
 1 pint water 1 tablespoon flour
 1 teaspoon salt 1 slice onion

Put the peas through a colander. Add the water. Rub together the flour and butter, moistened with a little water. Add this to the peas, and cook with the onion for about fifteen minutes. Salt and serve. Celery salt may be substituted for the onion, if desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	99	125	253	477
Calories in a serving (4¾ oz.) .	16	21	43	80

POTATO SOUP

1 cup sliced potatoes 1 teaspoon salt
 2 cups water 1 tablespoon butter
 2 sliced onions ¾ teaspoon celery salt
 1 tablespoon flour

Cook the sliced potatoes and onions until tender. Rub through a colander. Melt the butter, add the flour and cook

until slightly browned. Add the two cups of water. Stir until thickened and add to the mashed potato. Reheat, salt and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	40	120	283	443
Calories in a serving (4¾ oz.) .	5	16	38	59

SAVORY POTATO SOUP

⅓ quart sliced potatoes 4 tablespoons Nut Soup
 1½ tablespoons grated Stock
 onion 1 teaspoon salt
 1 quart water

Dissolve the Nut Soup Stock in the water, add the potatoes, onion and salt and cook until tender. Rub through a colander. While the potatoes are cooking a little marjoram and mint tied in a cheese-cloth may be cooked with them, if additional flavoring is desired. Add water to make one quart.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	21	3	176	200
Calories in a serving (4¾ oz.) .	2	1	20	23

JULIENNE SOUP

1 quart water—boiling ¼ cup turnips
 1 tablespoon Savita 2 tablespoons peas
 ¼ cup carrots 2 tablespoons string beans

Make Savita broth of the boiling water and Savita. Cut carrots and turnips, also string beans into thin strips one and one-half inches long. Cook in boiling, salted water. Add peas, turnips, beans and carrots to the Savita broth.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	17	14	65	96
Calories in a serving (3 oz.) . . .	2	1	6	9

BARLEY SOUP

$\frac{1}{2}$ cup pearl barley	4 teaspoons Savita
1 cup strained tomato	2 tablespoons butter
1 quart water	1 tablespoon flour
2 teaspoons salt	1 tablespoon sugar
$\frac{1}{2}$ teaspoon celery salt	1 bay leaf

Add the barley to the boiling, salted water and cook, covered, with the strained tomato and bay leaf until tender. Add the celery salt, sugar and Savita. Remove the bay leaf. Melt the butter, add the flour and cook slightly. Stir a little of the liquids slowly into them, then turn back into the remainder of the ingredients and cook five minutes. One-third cup condensed tomato may be substituted for the strained tomato, and two tablespoons Japanese Soy for the Savita.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	51	237	419	707
Calories in a serving ($4\frac{3}{4}$ oz.) .	6	28	49	83

NUT FRENCH SOUP

$\frac{1}{8}$ can Nut Soup Stock	$\frac{2}{3}$ cup stewed tomatoes or
4 cups water	$\frac{1}{3}$ cup condensed tomato
1 tablespoon browned flour	$\frac{1}{2}$ bay leaf
1 teaspoon salt	$\frac{1}{8}$ teaspoon sage
$\frac{1}{2}$ small onion	$\frac{1}{8}$ teaspoon thyme

Tie the sliced onion, the bay leaf, sage and thyme in a cloth and let simmer in the water to which has been added the strained, stewed tomatoes, the salt, and the Nut Soup Stock. Boil slowly about three-fourths hour; thicken with the browned flour moistened with a little cold water.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	21	12	86	119
Calories in a serving ($4\frac{3}{4}$ oz.) .	3	2	11	16

SANITERRAPIN SOUP

1 oz. Protose (about	1 tablespoon butter
1½ tablespoons)	½ teaspoon celery salt
1 tablespoon flour	½ teaspoon salt
2½ cups water	2 teaspoons Savita
1 egg-yolk	

Shred the Protose and cook in water with the seasonings a half hour or more. Melt the butter, add the flour and cook a minute or two. Add the liquids, stirring meanwhile. Let boil five or more minutes. Just before serving, remove from the fire; stir in the beaten egg-yolk, letting it drop through a fine strainer.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	40	189	32	261
Calories in a serving (4¾ oz.) .	9	45	7	61

VEGETABLE OYSTER SOUP

1 quart diced vegetable	2½ teaspoons salt
oysters	2 tablespoons butter
1 quart water	1 tablespoon flour

Cook the vegetable oysters in sufficient boiling water to cover. Let the water largely evaporate before finishing the cooking. Rub them through a colander. Melt the butter, add the flour and cook slightly. Stir in the water and let boil five minutes. Then add salt and the vegetable oysters and cook a few minutes. Two teaspoons of Savita or a half teaspoon of onion salt added to this recipe improves the flavor.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	20	303	97	420
Calories in a serving (4¾ oz.) .	2	29	9	40

VEGETABLE SOUP

1/4 cup diced potato	2 tablespoons butter
1/4 cup diced carrots	1 1/2 cups strained tomato
1/4 cup diced turnips	2 cups water
1/4 cup chopped cabbage	1 1/2 tablespoons sugar
2 tablespoons grated onion	1 1/2 teaspoons salt

Cook all the vegetables in the two cups of water until tender. Add the strained tomato and water to make one quart. Caramelize the sugar by putting into a pan, and stirring constantly over the blaze until melted to a syrup of a rich brown color. Add, slowly, sufficient boiling water to dissolve the caramel, and add this to the soup. Add the salt and butter and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	26	227	199	452
Calories in a serving (4 3/4 oz.) .	3	31	27	61

THICK VEGETABLE SOUP

1/4 cup dried split peas	1/2 cup turnips
1/4 cup dried white beans	1/2 cup carrots
1 cup sliced potatoes	1 cup strained tomatoes
1/2 cup sliced vegetable	3 tablespoons butter
oysters	1 tablespoon chopped
1 1/2 cups celery	parsley
1 1/2 teaspoons salt	

Soak the peas and beans over night. Cook them in water to cover until tender. Add the other vegetables and cook until all are tender. Add sufficient water to make one and one-half quarts of soup. Add salt and butter and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	145	443	470	1058
Calories in a serving (4 3/4 oz.) .	14	41	44	99

VEGETABLE SOUP WITH NOODLES

1 cup diced carrots	1/4 cup rice
1 cup diced turnips	4 tablespoons butter
1 cup chopped cabbage	2 cups diced potatoes
1/2 cup chopped onion	Noodles
4 teaspoons Savita	Water to make 4 quarts soup

Cook the carrots, turnips, cabbage, and onion until tender. Then add the rice, diced potatoes, salt and Savita, then the noodles. Cook twenty to thirty minutes; add butter and serve. Package noodles may be used, in which event a little longer cooking will be required.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	95	517	609	1221
Calories in a serving (4 3/4 oz.) .	3	19	22	44

NOODLES

1 egg-yolk	1/4 cup flour
1/2 teaspoon salt	

Beat the egg-yolk and add flour to make a stiff dough. Roll very thin, dust slightly with flour, fold one-half over the other side, and roll like a Jelly Roll. Cut in very thin slices crosswise and shake to unfold. Add to the boiling soup.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	25	67	87	179

SAVITA RICE SOUP

$\frac{1}{4}$ cup rice 1 tablespoon butter
 3 tablespoons Savita $\frac{1}{2}$ teaspoon celery salt

Cook the rice in one and one-half quarts of water, to which has been added the celery salt and Savita, boiling one-half hour or more. Add the butter and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	26	110	227	363
Calories in a serving ($4\frac{3}{4}$ oz.) .	4	16	33	53

MUSHROOM RICE SOUP

3 tablespoons rice $\frac{1}{4}$ cup mushrooms
 3 cups water 1 teaspoon Savita
 $\frac{1}{2}$ teaspoon salt 3 tablespoons butter

Cook the rice and Savita in the salted water for one-half hour. Cook the mushrooms in the butter in a double boiler and add the cooked rice and Savita.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	12	328	54	394
Calories in a serving ($4\frac{3}{4}$ oz.) .	2	62	10	74

FRUIT SOUP

$1\frac{1}{2}$ cups strawberry juice 2 tablespoons lemon juice
 $1\frac{1}{2}$ cups pineapple juice 2 tablespoons sugar
 1 cup cooked cherries 2 tablespoons sago
 $1\frac{1}{2}$ cups water

Cook the sago in the water until transparent. Add the other ingredients. Reheat and serve. The amount of sugar to be added will be determined by the amount used in the

canned fruit. The quantity of soup should equal one quart. It may be served hot or cold.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	17	2	1272	1291
Calories in a serving (4¾ oz.) .	2	1	188	191

BEAN SOUP

1 cup white beans	1½ teaspoons salt
1 quart water	1 tablespoon flour
1 tablespoon butter	1 teaspoon onion salt

Soak the beans in cold water over night. Cook slowly for four or five hours, or until the beans are perfectly tender. Put them through a colander. Melt the butter, add the flour and cook until slightly browned. Stir a little of the warm liquid into this, and then turn into the remainder of the hot liquid. Add the seasoning, and cook five or ten minutes. This should make one quart. If lacking in quantity, add water sufficient to make that amount. Celery salt may be used in place of the onion if preferred.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	31	71	81	183
Calories in a serving (4¾ oz.) .	6	15	18	39

LIMA BEAN SOUP

1 cup lima beans	3 pints water
½ teaspoon salt	1½ tablespoons flour
1 slice onion	1 tablespoon butter

Put the lima beans and slice of onion to cook in cold water. Soaking the beans over night lessens the time of cooking. Let the beans simmer until tender, then rub through a colander. Add the salt and water sufficient to make one

quart. Melt the butter and add the flour and cook slightly. Add slowly the warm liquid. Then add the rest of the soup. Let boil gently for five or more minutes and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	139	359	828	1326
Calories in a serving (4¾ oz.) .	20	53	123	196

SPLIT PEAS PURÉE

1 pint vegetable stock	4 tablespoons butter
1 cup dried split peas	4 tablespoons flour
2 teaspoons salt	

To prepare the vegetable stock, take one-half cup chopped turnips, one-half cup celery, one-half cup sliced potatoes, one-half cup chopped onion, one-half cup chopped carrots. Cook these vegetables in plenty of water to cover until tender, drain off the liquid, of which there should be one pint. If deficient in quantity add water. Soak the split peas over night and simmer, in sufficient water to cover, until soft. Put the peas through a colander, and add the vegetable stock with sufficient water to make one quart. Melt the butter, add the flour and cook a minute or two. Add slowly the hot liquids, stirring meanwhile. Let boil five minutes. Add salt and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	237	458	550	1245
Calories in a serving (4¾ oz.) .	30	78	81	189

BLACK BEAN SOUP

1 pint black beans	1 piece celery root
2 tablespoons chopped onion	4 tablespoons butter
4 teaspoons salt	4 tablespoons flour
1 lemon	2 hard boiled eggs

Soak the beans in two quarts of water the day before the soup is to be made. Cook the onion in the double boiler in one-half of the butter for twenty to thirty minutes, then add to the beans and the celery root and allow to cook until tender, which will require several hours. Remove the celery root and mash the beans through a sieve or colander into a large bowl or kettle. Mix the flour, butter and salt, and pour slowly into them the mashed beans, stirring constantly. Let boil five to ten minutes. Cut the lemon and the hard boiled eggs into thin slices and place in soup tureen. Pour the soup over this. The soup should be of a creamy consistency. A little additional seasoning may be necessary, and also some hot water for thinning. Serve with a slice of egg and lemon on each plate.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	158	189	472	819
Calories in a serving (4¾ oz.).	19	22	56	97

LENTIL SOUP

1 cup dry lentils	1 tablespoon flour
2 teaspoons salt	1 tablespoon lemon juice
1 tablespoon butter	2 slices onion
1 small bay leaf	

Put the lentils, bay leaf and onion to boil in one and one-half quarts of water, and cook slowly for three hours, or until tender. Then put through a colander. Rub the flour and butter together and stir in a little of the soup, add this to the whole of the mixture and boil five minutes. Add the salt and lemon juice just before serving. This should make one quart of soup, if not, add water sufficient to make this quantity.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	240	131	578	949
Calories in a serving (4¾ oz.).	35	19	86	140

ASPARAGUS BROTH

1 pint can asparagus
 ½ teaspoon salt

1 pint water
 1 tablespoon butter

Put the asparagus through a colander, add the water and the seasonings and bring to the boiling point. If the asparagus tips are used, use one-half the quantity of the other ingredients.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	28	112	51	191
Calories in a serving (4¾ oz.) .	4	17	7	28

PROTOSE BROTH

1 pound Protose
 2 cups strained tomato

1 bay leaf
 ½ teaspoon celery salt

Put the Protose with the tomato and seasonings in one quart cold water and cook slowly until the boiling point is reached. Boil gently for about two hours. Strain. There should be about two and one-half cups when strained. Thyme and onion may be added for seasoning, if desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	50	5	4	59
Calories in a serving (4¾ oz.) .	12	1	1	14

SAVITA BROTH

2 teaspoons Savita
 2 cups water

1 tablespoon butter
 ¼ teaspoon salt

Heat the water, add the butter and Savita, bring to the boiling point and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	3	109	0	112
Calories in a serving (4¾ oz.) .	1	32	0	33

VEGETABLE BOUILLON

2 cups sliced potatoes	$\frac{1}{2}$ cup string beans
$2\frac{2}{3}$ cups sliced carrots	$\frac{1}{2}$ cup dry peas
$\frac{2}{3}$ cup sliced turnips	1 teaspoon salt
3 quarts water	

Soak the dry peas over night. Put to cook in cold water and let come slowly to the boiling point. Let simmer for four hours, or until the peas are thoroughly softened. Pare and slice the turnips and carrots, and put to cook with the peas, about an hour and a half before the peas have finished cooking. Pare and slice the potatoes, and add them to the peas and other ingredients, a half hour before they are finished cooking. When all are tender, drain off the liquid, which should equal one quart in quantity. If deficient add water. If desired, one tablespoon Japanese Soy, or two teaspoons Savita may be added. Add a tablespoon small string beans, cut into short lengths, to each serving.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	50	5	4	59
Calories in a serving ($4\frac{3}{4}$ oz.) .	12	1	1	14

VEGETABLE CONSOMME WITH PEAS

$1\frac{1}{3}$ cups bean stock	$\frac{1}{3}$ cup chopped celery
$\frac{1}{2}$ cup diced carrots	$\frac{1}{3}$ cup potato sliced
$\frac{1}{3}$ cup diced turnips	$\frac{1}{3}$ cup sweet potatoes
$\frac{1}{3}$ cup chopped cabbage	$\frac{1}{3}$ cup chopped onion

Prepare the bean stock as follows; soak one cup of beans in one quart water over night. Put to cook in the same water in which they were soaked and cook until thoroughly softened. Let stand until settled, then strain off the

clear liquid, of which there should be one pint. If deficient in quantity add sufficient water to make this amount.

Bring the vegetables to a boil in one quart of water. Then cook in double boiler three hours. Reserve the potatoes until one-half hour before serving. Strain, add the bean stock, salt, and season with thyme, add one teaspoon of butter and serve. To each serving add a dessert spoon of cooked peas. This makes one quart of soup.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	52	6	7	65
Calories in a serving (4¾ oz.) .	12	1	2	15

ERIE BROTH

2 medium-sized carrots	½ pound Protose
1 medium-sized turnip	½ teaspoon salt
1 medium-sized onion	2 eggs
2 teaspoons Savita	

Slice or chop the vegetables and the Protose. Cover with one quart of cold water, add Savita and let simmer one to two hours. Beat the eggs slightly, strain the vegetables and pour the warm broth (of which there should be one pint) slowly over the eggs. Salt and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	126	89	7	222
Calories in a serving (4¾ oz.) .	14	9	5	28

SAVITA BOUILLON

½ cup diced carrots	⅓ cup sliced onions
⅓ cup diced turnips	⅓ cup chopped celery
2 tablespoons Savita	

Put the vegetables to cook in three quarts cold water and let them come slowly to the boiling point. Let boil

for one hour or more, or until all are tender and the liquid is reduced to one and one-half quarts. Strain, add the Savita and salt, if desired. To clarify the stock, beat two egg-whites slightly, break the shells into small pieces and add, with the beaten egg-whites, to the cool stock. Place over a hot fire and stir constantly until the boiling point is reached. Boil two minutes and then set on the back of the range and let simmer twenty minutes. Remove the scum and strain through a double thickness of cheese cloth placed over a fine strainer. Serve as a clear bouillon, or in bouillon cups with a spoonful of whipped cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	194	33	5	232
Calories in a serving (4¾ oz.) .	19	3	1	23

NOODLE SOUP

2 eggs	1½ tablespoons Savita
1½ cups flour	5 teaspoons salt
3 quarts water	4 tablespoons butter

Beat the eggs slightly and add the flour, making a very stiff dough. Roll very thin, fold one-half over the other side and roll like a jelly-roll. Cut in very thin slices crosswise, shake and unfold. Prepare a stock of the other ingredients and add the noodles to the boiling liquid. Cook one-half hour or more, until the noodles are very tender.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	703	540	696	1939
Calories in a serving (4¾ oz.) .	33	26	33	92

SAVORY POTATO BROTH

2 baked potatoes	2 tablespoons butter
4 teaspoons Savita	1 teaspoon salt
4 cups hot water	

Remove the inside of the baked potatoes from their skins and mash through a colander; dissolve the Savita in a little hot water and add the butter, salt and potatoes to the remaining hot water.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	20	219	156	395
Calories in a serving ($4\frac{3}{4}$ oz.) .	2	27	20	49

MUSHROOM BROTH

1 medium-sized onion	$2\frac{1}{2}$ cups Savita Broth
chopped	$\frac{1}{2}$ cup mushrooms chopped
1 sprig of parsley	2 tablespoons flour
chopped fine	2 tablespoons butter

Boil the onion in the Savita Broth one-half hour. Rub the flour and butter together and add a little of the cooled broth, stirring until well blended; then gradually add the remainder. Add the chopped mushrooms and the parsley and bring to the boiling point.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	29	358	101	488
Calories in a serving ($4\frac{3}{4}$ oz.) .	6	77	22	105

MEAT SUBSTITUTES AND ENTRÉES

IN many homes meat forms the chief part of the meal, hence housewives, in planning a meatless dietary, exclaim, "What shall we serve in place of meat?"

The answer to this question involves a knowledge of the chemistry of foods.

Lean meat is pre-eminently a protein food. It contains usually from 15% to 19% protein, a small amount of mineral matter and a large amount of water.

Many other foods are also rich in this albuminous food constituent. Nuts contain on an average from 20% to 25% protein; legumes contain about 25% protein. Eggs, milk and cheese are also high in this constituent. The above named foods are the chief sources of protein and hence form the basis of so-called "meat substitutes." However, nature has not left man to his own resources in finding this important food principle, but has scattered it broadcast. It is found to some extent in almost all natural food products. Science has discovered that we need much less of this constituent than was formerly supposed, so that the housewife need not concern herself particularly to supply sufficient protein, providing milk and eggs are used freely, as one is likely to have more protein than is necessary, rather than to have an insufficient supply.

One meat substitute, or a dish rich in protein, is quite sufficient for one meal, and if milk, eggs, cheese or nuts are used in the preparation of one or more dishes, with milk as a beverage for at least the children, a special meat substitute will not always be required. A lighter dish or entrée is often to be preferred for the main dish.

BAKED PROTOSE

1 pound Protose

2 cups Savita Broth

The Protose may be cut into $\frac{3}{4}$ inch slices and placed on bottom of a pan or left whole and put into a deep pan. In either case pour the Savita broth over the Protose and bake in a slow oven two and one-half to three hours. Baste frequently with the broth. Remove the remaining broth before serving. Serve with brown gravy if desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	411	501	161	1073
Calories in a serving ($2\frac{1}{2}$ oz.).	41	50	16	107

PROTOSE AND NUTTOLENE LOAF

 $\frac{1}{2}$ pound Protose

1 cup hot water

 $\frac{1}{2}$ pound Nuttolene

3 tablespoons butter

2 eggs

1 tablespoon Savita

1 teaspoon celery salt

1 cup Zo or one pint of

 $\frac{1}{8}$ teaspoon sage

stale bread crumbs

 $\frac{1}{2}$ cup strained tomato

Dissolve Savita in the hot water, add the butter and pour over the Zo. Allow to stand while preparing the other ingredients. Cube Protose and Nuttolene, add the beaten eggs, seasonings and the Zo mixture. Mix well and turn into baking dish. Pour the strained tomato over the top. Place bits of butter on top. Bake in moderate oven until brown—about one hour.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	426	1149	336	1911
Calories in a serving ($2\frac{3}{4}$ oz.).	36	95	28	159

PROTOSE FILLET

$\frac{1}{2}$ cup chopped cabbage	$\frac{1}{2}$ cup diced turnips
$\frac{1}{2}$ cup diced carrots	1 teaspoon salt
$\frac{1}{4}$ cup cut celery	1 pound Protose
1 tablespoon chopped parsley	1 cup Brown Sauce
	1 $\frac{1}{4}$ cups water
$\frac{1}{4}$ cup chopped onion	

Mix the prepared vegetables with the seasonings ; spread thinly over the bottom of a baking dish. Remove the contents of a pound can of Protose, cut in halves, lengthwise, and each half in eight slices. Cover the vegetables with the sliced Protose. Dilute the Brown Sauce with the water and pour over the Protose. Place in the oven and bake an hour to an hour and a half, or, until the sauce becomes quite thick. Serve some of the vegetables and the gravy with each slice of Protose.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	376	269	227	872
Calories in a serving (4 $\frac{1}{2}$ oz.) .	47	34	28	109

BROILED PROTOSE

Remove the end of the can of Protose, so the contents will come out whole. Slice the Protose in one-half inch slices, the round way. Cut the slices into halves. Place on a greased dripping pan, broil quickly under the flame. As soon as one side is browned, turn the other side to the flame. It may also be pan broiled if desired. Serve plain, or with any desired sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	365	256	163	784
Calories in a serving (2 oz.) . . .	46	32	20	98

NUT FILLET

$\frac{1}{2}$ pound Protose	$\frac{1}{2}$ pound Nuttolene
$\frac{1}{2}$ cup chopped onion	
Sauce	
$\frac{1}{2}$ cup strained tomato	$1\frac{1}{2}$ tablespoons butter
3 tablespoons liquid	$1\frac{1}{2}$ tablespoons flour
cereal coffee	$1\frac{1}{4}$ cups water
$\frac{1}{2}$ teaspoon salt	

Cut the Protose and Nuttolene into one-quarter inch slices. Put the slices of Protose in an oiled baking dish and place some of the onions on each slice. Press a slice of Nuttolene on top of this. Make a sauce by cooking together the tomato, salt, cereal coffee and water. Rub the flour and butter together and pour slowly some of the hot liquids into it, stirring meanwhile. One teaspoon of Savita adds to the flavor. Pour the sauce over the fillet, and bake in a moderate oven one hour.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	324	536	242	1102
Calories in a serving (3 oz.) . . .	40	67	30	137

FILLET OF NUT MEAT

1 pound Protose	$\frac{1}{2}$ Dressing for Roasts
$\frac{1}{2}$ cup strained tomato	$1\frac{1}{2}$ tablespoons butter
3 tablespoons liquid	$1\frac{1}{2}$ tablespoons flour
Cereal Coffee	$1\frac{1}{4}$ cups water
$\frac{1}{2}$ teaspoon salt	

Cut the Protose into eight slices, and each slice into half. Put one-half the amount of Protose in a baking dish. Prepare one-half of Dressing for Roasts and spread over these. Next lay another layer of the slices to cover.

Prepare a sauce of the remaining ingredients the same as for Nut Fillet; pour this over the Protose, and bake in a moderate oven about one hour.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	443	552	491	1486
Calories in a serving (3¾ oz.) .	55	69	61	185

PANNED PROTOSE

½ pound Protose	1 cup strained tomato
1 tablespoon butter	½ teaspoon salt

Slice the Protose in one-half inch slices and cut each slice in halves. Arrange in a frying pan and cover with the strained tomato, add the salt and butter, and let simmer over the fire for one-half hour or more, until the tomato becomes quite thick.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	193	241	118	552
Calories in a serving (2¼ oz.) .	48	60	30	138

PROTOSE CUTLETS

1 pound Protose	2 cups milk
1 cup Corn Flakes	2 eggs
1 teaspoon salt	

Remove the contents of a pound can of Protose, cut in halves and each half into eight slices. Sprinkle the bottom of a dripping pan with one-half of the Corn Flakes, place the Protose on this and sprinkle over it the remainder of the Corn Flakes. Beat the eggs until the whites and yolks are well blended. Add the milk and the salt, pour this over the Protose and bake in a slow oven until set.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	487	534	391	1412
Calories in a serving (2 oz.) . . .	60	67	49	176

BRAISED PROTOSE

1 pint Brown Sauce	1 small potato
2 pounds Protose	1 large onion
1 small carrot	$\frac{1}{2}$ teaspoon celery salt
1 small turnip	$1\frac{1}{2}$ pints water
	$\frac{1}{2}$ teaspoon salt

Chop the vegetables very fine and put to cook in cold water. Add the salt and celery salt and cook uncovered until the vegetables are tender; strain and use the liquid for the broth. There should be one cup of the broth. If necessary, add water sufficient to make up this amount. Remove the Protose from the cans, cut in halves lengthwise, and each half into eight slices. Arrange the Protose with the slices slightly overlapping in a baking dish. Dilute the Brown Sauce with the vegetable broth and pour this over the Protose. Bake in a moderate oven one hour or more, basting frequently.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	730	538	331	1599
Calories in a serving (4 oz.) . . .	46	34	26	106

NUT AND APPLE PIE

1 pound Protose	5 cups apples (quartered
$\frac{1}{4}$ cup sugar	and cored)
Plain Pastry	Juice of lemon

Place the apples in a buttered pan or baking dish. Sprinkle with the sugar and the lemon juice. Bake until they begin to get tender. Slice the Protose into one-half inch slices, and cut each slice in halves. Place on top of the apples and cover with Plain Pastry. Bake in a quick oven until nicely browned.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	508	888	1790	3186
Calories in a serving (3¼ oz.) .	25	45	91	161

NORMANDY OR MOCK VEAL LOAF

½ pound Protose	6 whole wheat wafers
1 tablespoon grated onion	or 1 cup bread crumbs
1 teaspoon salt	2 tablespoons butter
1 cup hot milk	1 egg
1 teaspoon celery salt	

Mix the Protose, add the butter, grated onion, salt, celery salt, and the beaten egg. Roll the crackers fine and add to the mixture, then add the hot milk. Turn into a bread pan and bake twenty to thirty minutes in a hot oven. Turn upon a hot platter and cover with a damp cloth for a few minutes. The loaf will come out whole, and may be sliced and served with any preferred sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	270	562	381	1213
Calories in a serving (2½ oz.) .	32	70	48	150

CHIPPED PROTOSE IN CREAM

1 pound Protose	1½ cups Thin White Sauce
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Remove the Protose from the can and with a paring knife chip into thin irregular-shaped pieces. Pour over this Thin White Sauce or Cream Sauce, and cook slowly over the fire fifteen or twenty minutes, or place in the oven to bake.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	392	540	237	1169
Calories in a serving (2½ oz.) .	39	54	23	116

PROTOSE AND RICE CROQUETTES

1 cup steamed or boiled rice	1 tablespoon tomato
1/2 pound Protose	1 egg
1/4 cup chopped celery	Grated onion
	Celery salt
1/2 teaspoon salt	

Mince the Protose. Add the celery, strained tomato and beaten egg to the cooked rice. Add the seasonings and shape into croquettes. Bake in a quick oven until nicely browned.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	239	172	331	742
Calories in a serving (2 oz.) . . .	21	15	30	66

PROTOSE HASH WITH RICE AND PEAS

2 cups diced boiled potatoes	2 tablespoons butter
2 cups minced Protose	2 tablespoons hot water
1 tablespoon grated onion	3/4 cup rice
1 1/2 teaspoons salt	1 pint canned peas
1 teaspoon sugar	

Heat the water and butter in a saucepan. Then add one teaspoon salt, the grated onion, cold boiled potatoes, and the minced Protose. Cover and cook until heated thoroughly. Prepare the rice as in Boiled Rice.

Drain the peas, and pour over them a dash of cold water. Cooked fresh peas may be used instead of the canned peas. Drain again and season with one teaspoon of sugar and one-half teaspoon of salt. Heat thoroughly. Serve the hash in the center of a hot platter, with a border of peas and rice, the rice being next to the hash and the peas near the edge of the platter.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	511	494	879	1884
Calories in a serving (4 1/2 oz.) .	51	49	88	188

NUT SAUSAGE

1 cup ground almonds	1 tablespoon butter
3 tablespoons Gluten Flour or browned flour	1 tablespoon grated onion
$\frac{1}{3}$ cup toasted bread crumbs	$\frac{1}{8}$ pound Neufchatel or Cream Cheese
2 tablespoons Japanese Soy or 4 teaspoons Savita	1 egg
$\frac{1}{4}$ cup condensed tomato	$\frac{1}{4}$ pound Protose
1 tablespoon brown sugar	2 tablespoons Gluten Flour
1 teaspoon sage	$\frac{1}{4}$ teaspoon thyme
	$\frac{1}{2}$ teaspoon summer savory
	$\frac{1}{4}$ teaspoon nutmeg

Roast the almonds slightly and grind in a food chopper. Mince the Protose, and add to the chopped almonds. Then add all other ingredients, form into two-inch rolls and bake.

Sauce

$\frac{1}{2}$ cup Brown Sauce	1 teaspoon sugar
$\frac{1}{4}$ cup condensed tomato	$\frac{1}{4}$ cup cream
4 ripe olives	$\frac{1}{4}$ cup almonds

Roll or chop the almonds, mix with other ingredients. Heat and serve with the Nut Sausage.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	467	1468	356	2291
Calories in a serving (2 oz.) . . .	33	100	25	158

PROTOSE AND VEGETABLE STEW

3 cups diced potatoes	$\frac{1}{4}$ cup chopped onion
$1\frac{1}{2}$ cups diced carrots	3 pints water
$\frac{1}{2}$ cup diced turnips	1 teaspoon salt
$\frac{1}{2}$ cup diced parsnips	1 pound Protose
$\frac{1}{2}$ pound Nuttolene	

Clean, scrape and dice the vegetables. Cook in three pints water until tender. Then add diced Protose and Nuttolene. Serve when well heated.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	539	492	718	1749
Calories in a serving (2½ oz.) .	25	24	35	84

PROTOSE STEAK WITH ONIONS

1 pound Protose	1 teaspoon salt
1 cup grated onion	1 cup Brown Sauce
1 tablespoon melted butter	½ cup water

Remove the Protose from the can, cut in half lengthwise, and make six or eight slices of each half. Arrange these on the bottom of a buttered pan. Mix the melted butter and salt with the grated onion. On top of each slice of Protose put a spoonful of the grated onion. Dilute the Brown Sauce with the water and pour around the Protose, taking care not to disturb the onions. Place in the oven and bake slowly forty-five minutes to one hour, or until the onions are perfectly tender.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	380	379	256	1015
Calories in a serving (2½ oz.) .	47	47	32	126

BROILED NUTTOLENE

Remove the end of a can of Nuttolene so the contents will come out whole. Cut the Nuttolene into one-half inch slices the round way, then cut each slice into halves. Broil as for broiled Protose. Serve a spoonful of Brown, Chili, Cranberry, Piquant or any preferred sauce with each slice.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	231	443	129	803
Calories in a serving (2 oz.) . . .	29	55	16	100

NUTTOLENE WITH MINT SAUCE

1 pound Nuttolene	1 cup water
2 teaspoons spearmint	$\frac{1}{3}$ cup sugar
$\frac{1}{3}$ cup lemon juice	

Steep the mint for about ten minutes in one-half cup boiling water. To one-half cup water add the sugar and boil for a few minutes. Add the strained lemon juice and the strained liquid from the mint.

Serve with sliced Nuttolene, either hot or cold. If served hot, broil the sliced Nuttolene until nicely browned, and serve with the hot mint sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	230	443	463	1136
Calories in a serving (2 oz.) . . .	22	44	46	112

NUTTOLENE CUTLETS

Prepare the same as Protose Cutlets, using Nuttolene instead of Protose.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	347	721	312	1380
Calories in a serving (2½ oz.) .	25	50	22	97

NUTTOLENE A LA CRÉME

1 pound Nuttolene	2 hard boiled eggs
$1\frac{1}{2}$ cups Cream Sauce	

Chip the Nuttolene in thin, irregular slices with a thin paring knife. Arrange a layer of this in the bottom of a baking dish. Slice the hard boiled eggs, arrange in a layer over the Nuttolene and pour over all the Cream

Sauce. Season with chopped parsley or grated onion, if desired. Place in the oven and bake twenty to thirty minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	280	553	138	971
Calories in a serving (2¾ oz.) .	28	74	16	118

BAKED NUTTOLENE

1-pound Nuttolene ½ tablespoon butter
1 cup stewed tomatoes 1 teaspoon salt

Remove the Nuttolene from the can, cut in halves lengthwise, and lay each half with the flat side down on the bottom of the buttered baking dish. Put the tomato through a colander, add salt and butter; pour these ingredients over the Nuttolene; place in the oven and bake one hour, basting frequently with the strained tomato.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	241	502	166	909
Calories in a serving (2½ oz.) .	30	63	20	113

NUTTOLENE FRICASSEE

1 pound Nuttolene 2 cups stewed tomato
⅛ cup nut butter 1 teaspoon salt
 1 teaspoon grated onion

Remove the Nuttolene from the can and cut into small cubes about three-fourths of an inch square. Rub the tomato through a colander and mix with the nut butter, adding a little at a time and mix thoroughly before adding more. When all of the tomato has been added, add the salt and the grated onion and pour over the diced Nuttolene. Cook

slowly on top of the stove, or bake in the oven about one hour until the sauce is quite thick.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	286	571	227	1084
Calories in a serving (2½ oz.) .	22	45	18	85

NUTTOLENE CROQUETTES

1 cup milk	2¼ teaspoons grated
4 tablespoons flour	onion
2 tablespoons butter	½ teaspoon celery salt
½ teaspoon salt	¼ cup rice flakes or corn
1 pound Nuttolene	flakes
1 egg	1 cup bread crumbs

Make a White Sauce of the milk, flour, butter and salt, seasoning with the onion and celery salt. Cut the Nuttolene into half-inch cubes and toast in the oven; add the toasted Nuttolene to the White Sauce and form into croquettes. Dip in beaten egg, then in crumbs, and repeat. Bake in a quick oven.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	257	472	291	1020
Calories in a serving (2 oz.) . . .	10	19	11	40

NUT MEAT PIE

1 pound Protose (diced)	3 tablespoons butter
½ pound Nuttolene (diced)	3 tablespoons flour
1 teaspoon sage	½ teaspoon salt
3 cups milk	1 teaspoon celery salt
Cream Biscuit dough	

Make a White Sauce of the flour, butter, salt and milk. Cook fifteen to twenty minutes in a double boiler. Add the sage and celery salt, then the Protose and Nuttolene. Put

in a baking dish, cover with biscuit dough (see Biscuit) and bake in a hot oven.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	708	1329	1171	3208
Calories in a serving (3¼ oz.) .	42	78	68	188

PRESSED VEGETABLE MEAT

1 pound Protose	2 cups cold water
⅓ pound Nuttolene	⅔ box (½ oz.) Vegetable
1 cup roasted pine nuts	Gelatine
or almonds	1½ teaspoons celery salt
2 cups boiling water	1½ teaspoons salt
2 teaspoons sage	

Dice or mince the Protose and the Nuttolene. Toast the Nuttolene to a nice brown. Crush the nuts slightly, by rolling them with a rolling pin. Add sage, salt, and celery salt, also the cold water. Soak the Vegetable Gelatine in warm water twenty minutes. Drain and put to cook in the boiling water. Let boil eight to ten minutes and strain into the mixture. Pour into individual bread tins, previously wet with cold water, and set aside to solidify. When ready to serve, turn out upon a platter and cut into thin slices. Garnish with parsley and slices of hard boiled egg.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	659	1128	249	2036
Calories in a serving (1¾ oz.) .	45	79	17	141

RICE A LA CAROLINA

1 medium-sized potato	½ pound Protose
6 tablespoons butter	½ cup rice
1 tablespoon grated onion	1½ quarts water
1 teaspoon salt	½ cup condensed tomato
⅛ teaspoon sage	2 hard boiled egg-yolks
¼ cup cream	

Peel and cut the potato into long, narrow strips, or dices. Boil until tender, but not quite dry. Add the onion, salt, sage and two tablespoons butter. Put the diced potato in the bottom of a baking dish; then spread a layer of the Protose, diced. Boil the rice in one and one-half quarts water for twenty minutes; drain, then set in the oven for five minutes. When dry, add the condensed tomato and four tablespoons of butter, and spread the rice over the Protose. Put the egg-yolks through a colander, and sprinkle over the rice. Moisten with cream, and bake in a quick oven.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	268	1021	402	1691
Calories in a serving (3 oz.) . . .	27	102	39	168

JELLIED NUT MEAT LOAF

1 pound Nuttolene	¼ pound Protose
4 teaspoons Savita	1 tablespoon onion juice
½ teaspoon salt	¼ oz. Vegetable Gelatine
3 tablespoons butter	1 cup boiling water

Mix one-half pound of the Nuttolene with two tablespoons butter; set this aside to be used later. To prepare the Vegetable Gelatine see General Directions for the Use of Vegetable Gelatine. Cook in the boiling water. Mince the Protose and mix with the other half pound of Nuttolene, the onion juice and salt. To this add the hot vegetable gelatine in which the Savita has been dissolved. Pour into mold and when cold cover with the Nuttolene and butter. Cut in slices and serve with a garnish of parsley, and if desired, with sliced hard boiled egg yolks.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	325	824	176	1325
Calories in a serving (2½ oz.) .	34	86	19	139

NUT MEAT PATTIES

1 pound Protose	1 tablespoon grated onion
1 pound Nuttolene	1 tablespoon lemon juice

Remove the Nuttolene and the Protose from the cans and mash together with a fork. Mix with the lemon juice and the grated onion, and form into little round cakes or patties. Place on a well greased pan and bake until nicely browned. Serve plain or with Tomato Sauce, Chili Sauce, or any preferred dressing.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	596	699	301	1596
Calories in a serving (2 oz.) . . .	40	46	20	106

NUT CHOPS

2 tablespoons peanut butter	1 egg
6 tablespoons cream	6 slices bread
12 tablespoons cracker crumbs	

Trim crusts from the bread; spread with peanut butter; cut into three oblong pieces. Beat the egg and add the cream; dip the bread into this, then into cracker crumbs. Place on a well greased pan and bake in a hot oven until brown.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	134	372	477	983
Calories in a serving (2½ oz.) .	33	93	119	245

NUT MEAT LOAF

1 pound Protose	1 egg
1 pound Nuttolene	¾ cup water
2 tablespoons lemon juice	½ teaspoon salt
1 tablespoon grated onion	½ teaspoon sage
½ teaspoon celery salt	
1 pint stale bread crumbs or 1 cup Zo	

Mince the Protose and Nuttolene and add the lemon juice, grated onion and salt. Make a dressing of the remaining ingredients; pour cold water over the stale bread crumbs and let stand a few minutes, then squeeze to free them from excess of water, and add the seasonings. Beat the egg and add to the bread mixture.

Spread one-half the Protose mixture in the bottom of a well buttered bread pan, add the dressing, and the remainder of the Protose mixture on top. Moisten the top slightly with a little cream, then place in a moderate oven and bake about thirty minutes. When well browned, remove from the oven, turn upside down on a platter and cover with a moist cloth. When loosened, remove the pan. Garnish with parsley and serve with Creole Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	660	756	547	1963
Calories in a serving (4½ oz.) .	85	95	67	247

PINE NUT ROAST

¾ cup pine nuts	¼ teaspoon salt
1½ cups bread crumbs	½ teaspoon sage
½ teaspoon Savita	½ teaspoon summer
1 tablespoon hot water	savory
1 egg	½ teaspoon thyme
½ tablespoon grated onion	

Roast the pine nuts slightly in the oven; roll but not too finely; dissolve the Savita in the hot water, soak the bread crumbs in a little cold water, the amount varying with the dryness of the bread. Drain off the water and squeeze the bread crumbs quite dry. Add the beaten egg, the dissolved Savita and the other seasonings; then stir in the pine

nuts. Turn all into an oiled bread tin and bake in a moderate oven about twenty minutes. Serve with any preferred sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	212	580	217	1009
Calories in a serving (2 oz.) . . .	53	145	54	252

PEANUT ROAST

1 quart slightly toasted bread crumbs	2 teaspoons salt 1 tablespoon summer savory
2 cups peanut butter	2 cups mashed potatoes
2 medium-sized onions	4 eggs
1 cup milk	

Prepare the bread crumbs by rubbing pieces of stale bread together, thus making fine, loose crumbs. Dry these out in warm oven and toast slightly. Mix the peanut butter with the milk, adding only a small portion at a time, and mixing thoroughly before adding more. When all of the milk has been added, beat the eggs and add to the peanut butter. Stir in the bread crumbs, the finely chopped or grated onion, the hot mashed potatoes and the seasonings. Turn into a well oiled bread tin and bake one hour. Turn upside down on a platter and place a moist cloth over the tin, allowing it to remain five minutes or more, then loosen with a knife and turn out upon the platter. Garnish with parsley and molds of cranberry jelly.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	770	2203	1079	4052
Calories in a serving (3 oz.) . . .	46	132	65	243

WALNUT ROAST

2 eggs	1 cup ground walnuts
1½ cups milk	½ cup cream
1¼ cups Granola or 1½	1 teaspoon salt
cups toasted bread crumbs	2 teaspoons grated onion

Beat the eggs until light, add the milk and cream and the Granola. Let stand twenty minutes. Add the other ingredients, turn into a buttered bread tin and bake in a moderate oven about thirty minutes. Serve with any preferred sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	209	1079	347	1635
Calories in a serving (2¾ oz.) .	23	118	36	177

CEREAL ROAST

2 eggs	1⅛ cups Granola or 1 cup
1½ cups milk	fine toasted crumbs
¾ cup nut meal or finely	1 teaspoon salt
chopped nuts	1 tablespoon grated onion
1 cup chopped celery	2 tablespoons butter

Beat the eggs, add milk and butter, nut meal, salt, Granola, onion, and celery. Let stand twenty minutes. Bake in an oiled tin about thirty minutes or until well browned. To remove, turn upside down on a platter and cover with a cloth wrung out of cold water, allowing it to stand a few minutes or until loosened from the pan. Garnish with parsley and serve with Parsley Sauce or Cream Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	548	792	607	1947
Calories in a serving (2½ oz.) .	51	72	56	179

CHESTNUT ROAST

1½ cups chopped chestnuts	2 eggs
3 cups stale bread crumbs	1 teaspoon salt
½ cup cream	1 teaspoon sage
¾ cup milk	1 teaspoon grated onion

To prepare the chestnuts, boil ten minutes; while still hot remove the shell and the inner skin with a sharp paring knife. Chop, but not too finely. To prepare the bread crumbs, use stale bread and rub the edges of the two pieces together, thus producing fine crumbs. Beat the eggs slightly, add the milk and cream, the chopped chestnuts and the seasonings, then fold in the bread crumbs. Turn into an oiled bread tin and bake in a moderate oven about twenty minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	189	483	815	1487
Calories in a serving (2½ oz.) .	19	48	82	149

SPANISH MEAT BALLS

2 pounds Protose	1 onion
2 eggs	1 green pepper
1 tablespoon salt	Parsley
1 tablespoon butter	2 tomatoes
1 tablespoon flour	1 quart water
1 cup cornmeal	

Mix together protose, eggs, salt and cornmeal. Melt butter, add flour and vegetables, cut in small pieces. Turn in boiling water and cook about twenty minutes. Add the parsley just before removing from the fire. Add Protose mixture, form into croquettes and bake twenty minutes. Serve with Savita or Tomato Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	833	765	782	2380
Calories in a serving (2½ oz.) .	27	25	26	78

CHESTNUT PIE

1 quart shelled chestnuts 1½ pints White Sauce
 ½ pint canned mushrooms Biscuit dough

To shell the chestnuts place them in boiling water and boil ten minutes, then, while hot, remove the shell and inner skin with a sharp paring knife. Drain the liquid from the mushrooms and cut the latter into small pieces. Heat the mushrooms in a tablespoon of butter; arrange the chestnuts and mushrooms in layers in a baking dish and pour over them the White Sauce. Make Biscuit dough and roll about one-quarter inch thick and cover the chestnuts. Make several openings in the top of the crust. Bake in a quick oven until nicely browned.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	408	1722	2195	4325
Calories in a serving (3¾ oz.) .	19	80	101	200

CREAMED CHESTNUTS

1 quart Italian ½ teaspoon salt
 chestnuts 1 cup White Sauce

Plunge the chestnuts into boiling water and let boil for ten minutes. Remove the shell and the inner skin with a sharp paring knife. Prepare one cup of White Sauce and add the cooked chestnuts and the salt. Let cook a few minutes and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	284	1259	1453	2996
Calories in a serving (2½ oz.) .	23	101	117	241

CHESTNUTS WITH TOMATO SAUCE

Prepare the chestnuts as for Creamed Chestnuts and serve with Tomato Sauce instead of White Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	186	589	1142	1917
Calories in a serving (2¾ oz.).	16	52	101	169

BAKED BEANS

1 pint navy beans	2 tablespoons brown sugar
1 tablespoon Meltose or molasses	3 pints boiling water 2 teaspoons salt
	¼ cup butter

Soak the beans over night in cold water, then put to cook in cold water and parboil for ten minutes. Drain off this liquid and add three pints boiling water. Cook about two hours or until the beans begin to break open. Then add the seasonings, and turn into a bean pot or baking dish (covered) and bake in a slow oven four or five hours, adding water, if necessary, during the baking process. Remove the cover a half hour before the beans finish baking to allow them to brown nicely.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	334	1033	1077	2444
Calories in a serving (3¼ oz.).	21	67	70	158

BAKED LIMA BEANS

1 quart lima beans (dry)	1½ tablespoons salt
¼ cup butter	3 cups milk

Soak the beans over night and cook in water until tender. Drain, put in a baking dish, and add butter, milk, and salt. Bake one and one-half hours slowly.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	641	833	2136	3610
Calories in a serving (3½ oz.) .	74	97	249	420

LIMA BEAN LOAF

1 cup dried lima beans	2½ tablespoons butter
2½ cups bread crumbs	1½ teaspoons salt
1 tablespoon chopped parsley	¼ tablespoon powdered sage
3 eggs	

Put the beans to soak over night, or for a few hours. Drain and put to cook in boiling water. Let cook slowly until tender, but not soft enough to lose their shape. Drain and shake over the fire to dry. Melt the butter and stir in the bread crumbs (taken from the soft part of the loaf). Add the chopped parsley, salt and sage. Beat the eggs and mix with the beans. Fold in the buttered crumbs, turn into a buttered loaf pan and bake until nicely browned.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	259	440	802	1501
Calories in a serving (3 oz.) . . .	48	82	151	281

BEAN CROQUETTES

2 cups stewed or baked beans	2 tablespoons butter
3 cups Corn Flakes	3 tablespoons strained tomato
1½ teaspoons salt	

Soak one cup of beans in cold water over night, or for several hours, then put to cook in three or four pints of

water and cook until tender; when cooked down quite dry, add the butter, strained tomato, and salt. Fold in the Corn Flakes (the quantity of flakes will depend upon the dryness of the beans) and form into croquettes. Place in a hot oven and bake until nicely browned.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	157	555	762	1474
Calories in a recipe (3 oz.) . . .	24	83	114	221

BEAN SOUFFLE

1 pint bean pulp	$\frac{1}{2}$ teaspoon celery salt
4 egg-yolks	$\frac{1}{4}$ teaspoon onion salt
1 tablespoon lemon juice	1 teaspoon salt
4 egg-whites	

Press stewed or baked beans through a colander and add the lemon juice and seasonings to the pulp. Beat the egg-yolks until light and lemon colored, and add to the bean pulp. Beat the whites until stiff and fold into the pulp. Turn into an oiled baking dish or individual baking dishes. Surround with hot water and bake in a moderate oven twenty-five to thirty minutes. Serve at once.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	197	491	344	1032
Calories in a serving (3 oz.) . . .	29	74	51	154

SAVORY ROAST OR MOCK TURKEY

2 cups legume purée	1 cup strained tomato
2 eggs	2 cups nut meal or finely chopped nuts
$\frac{1}{2}$ cup Granola or toasted bread crumbs	$\frac{1}{4}$ cup cream
$\frac{1}{2}$ cup browned flour	2 tablespoons grated onion
2 teaspoons celery salt	1 teaspoon salt
2 teaspoons sage	

Cook the legumes, either lentils, peas, or beans, until quite tender and dry. Make into a purée by mashing through a colander. Beat the egg slightly, add the purée and the other ingredients in the order given. Then bake in a loaf in a hot oven twenty to thirty minutes, or until nicely browned. Serve with Cream Sauce or Brown Sauce.

This mixture may be shaped with a paring knife or spatula to represent a fowl.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	912	1100	970	2982
Calories in a serving (2 oz.) . . .	43	52	48	143

PEAS PATTIES

1 cup split or Scotch peas	½ teaspoon salt
3 pints water	1 cup bread crumbs
4 tablespoons butter	1 egg
1 tablespoon onion	

Put the peas to soak over night, cook in three pints of water. After having been rubbed through a colander, there should be about two cups of rather dry purée. Stir the beaten egg, salt, onion, and butter into the purée; add the cup of bread crumbs, or enough to absorb the moisture. Shape into round cakes, place on an oiled tin, and bake in a quick oven. Brush the tops of the patties with milk several times while baking. Serve with any desired sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	213	499	545	1257
Calories in a serving (3¾ oz.) .	20	46	51	117

BAKED LENTILS

1 pint lentils	½ tablespoon mint
2 quarts cold water	1 tablespoon thyme
1 teaspoon lemon juice	2 tablespoons summer
2 small onions	savory
4 whole cloves	1 teaspoon sage
1½ teaspoons salt	4 tablespoons chopped
3 tablespoons butter	parsley

Wash the lentils, and soak several hours. Cook with the herbs, onions, and cloves tied in a bag. When the water is absorbed and the lentils are soft remove the seasonings, add three tablespoons butter and the salt, and put the lentils into a buttered dish. Bake one-half hour, garnish with parsley and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	422	704	967	2093
Calories in a serving (3 oz.) . . .	27	46	64	137

LENTIL AND POTATO LOAF

1¾ cups lentils purée	1 teaspoon salt
2 tablespoons butter	⅓ teaspoon sage
¼ cup cream	2 cups riced potato
1 tablespoon butter	

Soak one cup of raw lentils over night. Cook in boiling water until tender. When almost done, allow the water to evaporate until the lentils are quite dry. Put them through a colander to form the purée. Then add the butter, cream, salt and sage. Peel and cook two or three medium-sized potatoes in boiling, salted water until tender. Drain and dry by shaking gently over the flame. Force through a ricer or colander, season with butter, and, if necessary,

additional salt. Place the lentil mixture in the bottom of a buttered baking dish and on top of this a layer of the potato. Brush the top with a little cream or melted butter and bake until nicely browned.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	172	430	726	1328
Calories in a serving (3 oz.) . . .	12	30	51	93

HOMINY CROQUETTES

1 quart hominy	1 tablespoon butter
1 cup milk	2 teaspoons salt
1 tablespoon flour	1 cup bread crumbs
2 eggs	

Drain the hominy and put through a food chopper, or mash. Make a White Sauce of the butter, flour and salt and pour slowly over one beaten egg. Mix this with the hominy and add bread crumbs sufficient to form into croquettes. Beat the other egg and add two tablespoons milk or water. Dip the croquettes first into a few of the bread crumbs saved for this purpose, then into the beaten egg, and again into the bread crumbs. Place in a buttered pan and bake in a hot oven until nicely browned.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	190	312	939	1441
Calories in a serving (2½ oz.) .	9	16	47	72

SPINACH CROQUETTES

1½ cups boiled spinach	1 teaspoon salt
1 hard cooked egg	1 egg
½ cup bread crumbs	

Drain and chop the boiled or canned spinach. Add chopped, hard cooked egg, salt and egg well beaten. Mix

Cut the asparagus into inch lengths for measuring. Roll crackers with the rolling pin until finely crushed. Beat the eggs. Add the seasoning and hot milk, the cracker crumbs and the asparagus, folded in carefully. Turn into the oiled bread tins and bake in a moderate oven. Serve with White Sauce or Parsley Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	167	699	401	1267
Calories in a serving (3 oz.) . . .	11	46	27	84

VEGETABLE LOAF

$\frac{1}{2}$ cup diced carrots	$\frac{1}{2}$ cup diced potatoes
$\frac{1}{2}$ cup diced asparagus	$\frac{1}{2}$ cup string beans
$\frac{1}{2}$ cup peas	$\frac{1}{2}$ cup lima beans

Have all vegetables cooked and salted to taste before combining. Arrange in a buttered baking dish and add a custard mixture of—

1 egg, well beaten	$\frac{1}{8}$ teaspoon salt
1 cup of milk	

Bake in a moderate oven until the custard is set. Serve with White Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	105	157	258	520
Calories in a serving (5 oz.) . . .	23	68	58	149

TOMATO AND EGG FLUFF

4 eggs	$\frac{1}{3}$ cup milk
$\frac{1}{2}$ cup cream	$\frac{1}{3}$ cup tomato pulp
$2\frac{2}{3}$ tablespoons flour	1 teaspoon salt

Make a cream sauce of the flour, milk, cream, salt. Add the beaten egg-yolks and tomato pulp. Fold in the stiffly

beaten egg-whites. Bake in buttered ramekins or tins in a moderate oven.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	129	364	100	593
Calories in a serving (3 oz.) . . .	32	91	25	148

TOMATO SOUFFLE

2 eggs	2 tablespoons flour
½ cup tomato pulp	2 tablespoons butter
½ cup milk	½ teaspoon salt

Make a White Sauce of flour, butter and milk. Add well beaten egg-yolks, salt and tomato pulp. Fold in the stiffly beaten egg-whites and bake until firm in buttered ramekins which have been placed in a pan of hot water. A moderate oven is required.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	79	367	87	533
Calories in a serving (2½ oz.) .	19	87	21	127

CORN AND CHEESE SOUFFLE

1 tablespoon butter	2 cups milk
1 tablespoon chopped green peppers	1 cup corn
4 tablespoons flour	1 cup of grated cheese
	3 eggs
	½ teaspoon salt

Heat the milk and thicken with the flour rubbed smooth with a little of the cold milk, reserved for the purpose. When thickened, add the cheese to the hot sauce. Stir until smooth. Add the corn, the beaten egg-yolks, salt and the peppers. Cut and fold in stiffly beaten egg-whites. Put into buttered ramekins and bake in moderate oven thirty minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	311	833	379	1523
Calories in a serving (2¾ oz.) .	23	62	28	113

APPLE FRITTERS

1 egg	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup flour	$\frac{1}{4}$ cup powdered sugar
1 cup diced apples	$\frac{1}{4}$ teaspoon salt
4 tablespoons butter	$1\frac{1}{2}$ teaspoons baking powder

Beat the egg slightly and add milk. Sift the flour, salt and baking powder together and add to the milk and egg. Add the melted butter, and fold in the diced apples. Bake in a shallow pan. Fill the pan about one-half to three-fourths of an inch deep with batter. When ready to remove from the oven, brush the top with melted butter, and dredge with powdered sugar. Cut into squares and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	67	537	521	1125
Calories in a serving ($1\frac{1}{2}$ oz.) .	6	50	49	105

PRUNE FRITTERS

Wash one cup dried prunes in boiling water. Soak in cold water over night. Remove the stones and cut into quarters. Prepare a batter as for Apple Fritters. Fold in the prunes and bake as Apple Fritters.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	76	530	850	1456
Calories in a serving (3 oz.) . . .	10	72	116	198

BANANA FRITTERS

Prepare a batter the same as for Apple Fritters. Use one cup of sliced bananas, instead of the apples. Bake as Apple Fritters.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	72	539	575	1186
Calories in a serving ($2\frac{1}{3}$ oz.) .	12	88	96	196

RICE PATTIES

1 cup rice	2 eggs
2 cups water	2 tablespoons butter
1 teaspoon salt	¼ cup dry bread crumbs

Cook the rice in two cups of salted water in a double boiler for one hour. Stir in the butter and eggs. When the rice has cooled slightly, mold into patties. Roll in the dry bread crumbs and bake until nicely browned.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	154	308	938	1400
Calories in a serving (2½ oz.) .	17	35	107	159

BAKED RICE AND CHEESE

2 cups boiled rice	⅔ cup milk
1⅓ tablespoons flour	1⅓ cups grated
1 cup of crumbs	American cheese
1 tablespoon butter	½ teaspoon salt

Prepare and boil rice as usual. Make a sauce of the milk and flour. When thickened and still hot, add part of the grated cheese, beat until the cheese is dissolved. Melt butter and toss the crumbs lightly in it. Mix rice and sauce. Put into buttered baking dish or ramekins. Sprinkle with the remainder of the cheese and buttered crumbs. Bake until crumbs are brown.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	231	665	477	1373
Calories in a serving (2¾ oz.) .	29	83	60	172

CHEESE AND PEPPERS

6 eggs	2 peppers
1½ cups milk	¼ pound cheese
½ teaspoon salt	

Heat the milk, add the grated cheese, stir until cheese is melted, being careful not to let the cheese become too hot. Beat the eggs, add the peppers which have been washed, had the seeds removed and chopped; then add the cheese mixture and about one-half teaspoon of salt. Put into buttered ramekins and place ramekins in a shallow pan containing water. Bake in a slow oven until firm. To tell when the mixture is done, use the same tests as for custards.

Calories in recipe	333	808	94	1235
Calories in a serving (3 oz.) . . .	37	90	10	137

PROTOSE ROAST WITH DRESSING

Remove the contents of a pound can of Protose, cut it down through the center lengthwise and lay the two halves in a dripping pan, with the flat side down. Prepare half of the Brown Sauce recipe and dilute with an equal quantity of water. Pour this over the Protose, place in the oven and bake for an hour to an hour and a half, basting frequently with the sauce surrounding the Protose. Serve with the Dressing for Roasts.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	365	264	165	794
Calories in a serving (2½ oz.) .	46	55	25	126

DRESSING FOR ROASTS

1 qt. stale bread crumbs	1 egg
1½ tablespoons grated onion	½ teaspoon sage
	½ teaspoon salt
1½ tablespoons butter	¼ teaspoon celery salt
1½ cups cold water	

Moisten the bread crumbs with the cold water (the amount varying with the dryness of the bread), add the grated onion, salt, sage, celery salt and the melted butter. Beat the egg until light and fold into the dressing. Bake in a moderate oven one-half hour, or until nicely browned.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	106	236	486	828
Calories in a serving (2½ oz.) .	13	29	60	102

MACARONI AND ITALIAN PASTES

THE best quality of macaroni is of a creamy color, is elastic and does not split when broken into small pieces. Break the macaroni into one-inch lengths for measuring. To each cup of macaroni allow eight cups of water and two teaspoons salt. Drop the macaroni into the boiling water and let boil actively for from twenty minutes to one hour or more. It is important that the macaroni be kept in motion while cooking to prevent sticking. The macaroni should be soft enough that when pressed between the thumb and finger it will crush easily. When done turn into a colander and pour over it a dash of cold water. It is then ready for any preferred dressing.

EGG MACARONI

1 cup milk

2 eggs

½ cup cream

1 teaspoon salt

1 pint macaroni

Cook the macaroni in boiling, salted water according to directions given above.

Beat the eggs slightly and add the cream, milk and salt. Pour this over the macaroni and bake in a moderate oven until set.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	270	396	1079	1745
Calories in a serving (3 oz.) . . .	14	21	59	94

CREAMED MACARONI

1½ cup macaroni	2½ quarts water
2 teaspoons salt	2 cups milk
3 tablespoons butter	3 tablespoons flour

Drop macaroni, broken into one inch lengths, into boiling salted water and let boil actively for twenty minutes or more. Keep the macaroni in motion while cooking to prevent sticking. The macaroni should be soft enough that when pressed between thumb and finger it will crush easily. Drain and add to White Sauce, made from butter, flour and milk. Add one teaspoon salt to white sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	208	545	917	1670
Calories in a serving (3 oz.) . . .	16	42	70	128

MACARONI AU GRATIN

1½ cups macaroni	4 tablespoons butter
1½ cups grated cheese	3 tablespoons flour
1 cup buttered crumbs	2 cups milk
1 teaspoon salt	

Cook the macaroni in boiling, salted water, until tender. Drain and pour over it a dash of cold water. Make a White Sauce of the last four ingredients and mix with the macaroni. Stir the grated cheese into the mixture. Turn into a baking dish, cover with buttered crumbs and bake in a moderate oven until nicely browned.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	319	1195	422	1936
Calories in a serving (3 oz.) . . .	19	70	25	114

BUTTERED BREAD CRUMBS

1 cup white bread crumbs 1 tablespoon butter

Prepare crumbs by rubbing together two surfaces of bread. Melt the butter and lightly toss the crumbs in the fat with a fork.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe (2½ oz.) . . .	22	115	120	257

MACARONI WITH CORN

1 cup macaroni 1 teaspoon sugar
 1 cup corn 1 tablespoon butter
 1 cup milk ½ teaspoon salt
 1 egg

Cook the macaroni in boiling, salted water, drain and put into a baking dish. To the beaten egg add corn, milk and salt and pour over the macaroni. Set the baking dish in a pan of hot water. Bake in a moderate oven twenty minutes, or until set.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	176	292	787	1255
Calories in a serving (2½ oz.) .	11	20	53	84

MACARONI WITH TOMATO SAUCE

2 quarts boiling water 2 teaspoons salt
 ¾ cup macaroni

Cook the macaroni in the boiling, salted water until soft.

TOMATO SAUCE

½ can tomatoes or 1 tablespoon chopped
 1½ cup condensed tomato onion
 1 cup water 2 tablespoons butter
 ¾ teaspoon salt 2 tablespoons flour

Cook the tomato, onion and salt in the water for one-half hour, then strain. Melt the butter, add the flour and, slowly, the strained tomatoes, stirring meanwhile. Cook until the starchy taste is gone then add the macaroni and cook in the sauce ten minutes.

If condensed tomato is used, add an additional cup of water. This sauce may also be served with rice.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	100	239	505	844
Calories in a serving (3 oz.) . . .	7	19	40	66

MACARONI AND KIDNEY BEANS

1 cup macaroni	$\frac{3}{4}$ cup milk
2 tablespoons flour	$\frac{1}{4}$ cup strained tomato
2 tablespoons butter	1 can or 1 pint cooked
2 teaspoons salt	kidney beans
2 quarts water	

Cook the macaroni in boiling, salted water until soft enough to crush between the fingers, which will require from twenty minutes to one hour. When soft, drain and pour a cupful of cold water through it. Prepare a cream tomato sauce by heating the milk to scalding, then rub the butter and flour together and pour the hot milk slowly into it. Set over the flame and cook for five minutes. Add the strained tomato and turn the thoroughly drained macaroni and the pint of cooked kidney beans into the sauce. Salt to taste. When these ingredients are thoroughly heated, turn into a vegetable dish and serve. This mixture should be stirred very carefully, as the beans mash easily.

Two teaspoons of Savita added to the sauce improves the flavor.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	139	317	1013	1469
Calories in a serving (4 oz.) . . .	12	28	90	130

MACARONI WITH EGGS

1 cup macaroni	1 teaspoon salt
3 hard boiled eggs	1 cup bread crumbs
1½ cups Thin White Sauce	1 tablespoon butter

Cook the macaroni in boiling, salted water. Turn into a colander and allow cold water to run over it. Boil the eggs according to directions for Hard Boiled Eggs. Arrange the macaroni and sliced eggs in layers in a baking dish, having the top and bottom layers of macaroni and pour the Thin White Sauce over it. Sprinkle the buttered bread crumbs on top. Bake in a moderate oven about twenty minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	161	601	309	1071
Calories in a serving (3 oz.) . . .	17	64	33	114

MACARONI WITH GREEN PEAS

½ cup cream	⅓ cup macaroni
½ teaspoon salt	1 cup green peas

Cook the macaroni in boiling, salted water. Drain; pour over it a dash of cold water. Drain again and add the cream and salt, then green peas (freshly cooked or canned), from which the liquid has been drained. Heat and cook five to ten minutes over the flame.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	89	211	304	604
Calories in a serving (4 oz.) . . .	21	49	71	141

SPAGHETTI MILANAISE

1 cup spaghetti	1½ cups milk
½ cup carrots	3 tablespoons butter
½ cup turnips	2 tablespoons flour
½ cup cabbage	1 teaspoon salt
½ cup onions	3 egg-yolks

½ cup celery

Place the flour on a pie tin in a hot oven until it becomes a golden brown. Mix thoroughly with the butter, then pour the hot milk over the butter and flour, stirring constantly. Add the salt and cook over the flame five minutes.

Put the vegetables on to cook in boiling, salted water and cook uncovered an hour or more, until tender. Drain.

Cook the spaghetti the same as macaroni. Combine with the cooked vegetables, add the chopped yolks of three hard boiled eggs, and 1 teaspoon of salt. Pour the sauce over and toss lightly together. Bake in a moderate oven thirty minutes. Macaroni may be prepared in the same way.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	199	686	701	1586
Calories in a serving (4 oz.) . . .	17	61	62	140

EGGS

EGGS are chiefly protein. The egg-yolk also contains considerable fat. The proteins of the yolk are of very high quality and are, therefore, very desirable in the diet of growing children. The egg-white is almost pure albumin, diluted, of course, with water.

Eggs are valuable not only for their protein but for their mineral salts as well, especially for the iron, phosphorus and lime. These mineral substances are found in the organic form, in which they are more easily absorbed than in the inorganic form.

The tendency toward decomposition and putrefaction in a sluggish alimentary tract, leads many physicians to withhold them from their patients.

The digestibility of eggs depends upon the cooking. Egg-white and egg-yolk cook at different temperatures. Egg-white begins to cook at 134° F. Egg-yolk begins to cook at 122° F. The white is partly soluble in cold water. The best temperature for cooking is 160° to 180° F. A higher temperature hardens the albumin.

Production of eggs fluctuates with the season. In the spring and early summer more eggs are produced than at other seasons and are, therefore, much cheaper in price. If care is taken in the selection and handling of the eggs, they may be preserved from one season to another. The best method of preserving them is by means of Water Glass, which may be purchased at any drug store ready for use.

PRESERVING OF EGGS

The best months for preserving are from March to June inclusive. Only clean and absolutely fresh eggs should be preserved. Eggs should not be washed, as by so doing a protective mucilaginous covering is removed from the shell. Select the infertile eggs. Use an earthen jar or galvanized iron pail. A five-quart jar will hold fifteen dozen eggs. The containing vessels should be thoroughly cleansed and sterilized by boiling. Prepare the Water Glass by mixing ten parts of cold boiled water to each part of commercial Water Glass solution. If Water Glass powder is used, the directions on the package should be followed. One quart of Water Glass, diluted as above, will be sufficient to preserve fifteen dozen eggs. There should always be two inches of liquid above the upper layer of eggs in the jar. Add the fresh eggs as they are obtained. Vessels should be covered with a metal or wooden lid to prevent evaporation. Keep the jars in a cool place. As eggs are removed for using, rinse thoroughly with water. If the eggs are to be boiled they should be stuck with a pin through the shell in the air space at the rounded end of the shell; otherwise the air within will expand on heating and crack the egg. The Water Glass makes an impervious covering for the egg. The Water Glass mixture must not be used a second time.

POACHED EGGS

Heat the water to boiling; break the eggs, one at a time, into a dish; turn off the heat under the water and drop the eggs in at once. Cover and let stand from three to five minutes. Remove and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in one egg (1½ oz.).	23	40	0	63

SOFT BOILED EGGS

First Method—Allow one cup of boiling water for each egg. Place the eggs in the boiling water. Cover immediately and remove from the fire. Let stand on the back of the range, or over the gas plate with the fire turned low, for from five to ten minutes, according to the degree of firmness desired. Serve at once, as, if left in the shell, they continue to cook.

Second Method—Allow one cup of water to each egg. Put the eggs on in cold water and bring them slowly to the boiling point, and remove the eggs from the water at once.

	Protein	Fat	Carbo- hydrate	Total
Calories in one egg (1½ oz.) . .	23	40	0	63

HARD BOILED EGGS

First Method—Allow one cup of water for each egg. Put the eggs to cook in cold water; allow them to come slowly to the boiling point, cover and turn off the heat. Let stand twenty to thirty minutes.

Second Method—Pour boiling water over the eggs and let them stand on the back of the range thirty minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in one egg (1½ oz.) . .	23	40	0	63

SCRAMBLED EGGS

6 eggs

⅓ cup milk

1 teaspoon salt

Beat the eggs slightly, add the milk and salt; turn into a double boiler and cook until thickened, stirring constantly. Serve at once. Scrambled eggs may be served on toast.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	147	274	15	436
Calories in a serving (2 oz.) . . .	27	50	2	79

BAKED EGGS IN CREAM

6 eggs

6 tablespoons cream

1 teaspoon salt

Break the eggs into individual dishes, or into a baking dish from which the eggs can be served. Sprinkle the eggs with salt and pour the cream over them. If a large dish is used, a little more cream will be needed. The cream should cover the eggs. Set the dish in hot water and place in a moderate oven. Bake slowly until a desired degree of hardness is reached, which will take about ten minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	149	430	20	599
Calories in a serving (2½ oz.) .	31	89	4	124

BAKED EGGS IN TOMATO

6 eggs

2 tablespoons butter

12 tablespoons strained tomatoes

Break eggs into ramekins. Sprinkle eggs with salt and pour tomatoes over them. The tomato should cover the eggs; add 1 teaspoon of butter to each ramekin. Set the dishes in hot water and place in a moderate oven. Bake slowly until a desired degree of hardness is reached, which will take about 10 minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	144	498	27	669
Calories in a serving (2½ oz.) .	24	83	4	111

EGG TIMBALES

5 eggs

1 teaspoon onion juice

1⅔ cups milk

or minced parsley

1 teaspoon salt

Heat the milk with the onion or parsley, add to the beaten egg. Then add salt, and turn into the timbale cups.

Place in a pan containing hot water and bake in a slow oven until firm. Serve with Tomato Sauce or White Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	167	372	80	619
Calories in a serving (4½ oz.) .	33	74	16	123

EGGS IN CROUSTADES WITH CELERY SAUCE

Prepare the croustades by cutting two and one-half inch cubes of bread. Trim the edges so as to leave oblong pieces about two inches by two and a half inches thick. Make a depression in the center by removing some of the bread, leaving a margin of about one-third of an inch on all sides. Toast in a slow oven until nicely browned and crisp. Place a hard-boiled egg in each of the croustades. Serve with this any preferred sauce. The Celery Sauce combines nicely with the egg.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe and serving (4 oz.)	41	60	97	198

SPANISH EGGS

6 eggs	1 tablespoon lemon juice
⅓ cup stewed tomato or	2 dozen ripe olives
2 tablespoons con-	1 small onion
densed tomato	1 teaspoon salt
	1 teaspoon celery salt

Beat the eggs slightly; put the tomato through a colander and add to the beaten eggs; add the lemon juice, salt, celery salt, and the grated onion. Cut the olives from the stones and add to the mixture. Turn into a double boiler and cook until thickened, stirring constantly while cooking. This may be served on toast.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	252	657	42	951
Calories in a serving (2⅓ oz.) .	34	90	6	130

ALPINE EGGS

Butter a shallow pan or baking dish and cover the bottom with one-quarter inch of Yogurt or Neufchatel cheese. Break over this the desired number of eggs. Sprinkle with salt and place a small piece of butter on each egg. Cover with a little grated cheese and chopped parsley. Grated American cheese may be used if desired. Bake in a moderate oven.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe and serving				
(2 oz.)	33	78	2	113

EGGS A LA KING

4 tablespoons butter	1 cup mushrooms
2 tablespoons minced	(fresh or canned)
sweet pepper	6 hard boiled eggs,
2 cups milk	cut in pieces
4 tablespoons flour	1 teaspoon salt

Melt butter, add pepper and mushrooms, and cook until soft. Stir in flour and add milk. Stir until thickened. Add seasoning and eggs. Heat very hot and serve on squares of toast; or pour into a baking dish, sprinkle with buttered crumbs and brown in a quick oven.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	126	463	116	705
Calories in a serving, with				
toast (2¼ oz.)	19	58	29	106

EGGS A LA SUSSETTE

Cut as many slices of bread as desired. Shape with a round 3 inch cutter and toast. Place a poached egg on each round of toast and pour 1 oz. of Cream of Mushroom Gravy over this. Garnish with chopped parsley if desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe and serving				
(4 oz.)	45	79	98	222

EGGS A LA GOLDENROD

3 hard boiled eggs	½ teaspoon salt
1 tablespoon butter	1 tablespoon flour
1 cup milk	5 slices toast

Parsley

Make a thin White Sauce with butter, flour, milk and salt. Separate yolks from whites of eggs. Chop whites finely, and add them to the sauce. Cut four slices of toast in halves lengthwise. Arrange on platter, and pour over the sauce. Force the yolks through a potato ricer or strainer, sprinkling over the top of the toast. Garnish with parsley and remaining toast, cut in points.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	102	328	67	497
Calories in a serving (3½ oz.) .	31	73	75	179

SCALLOPED EGGS

6 hard boiled eggs	1½ cups milk
⅓ cup ripe olives	2 tablespoons butter
2 cups buttered bread crumbs	2 tablespoons flour
	1 teaspoon salt

Cook the eggs as described under Hard Boiled Eggs. Make a White Sauce by rubbing together the flour and butter, then adding the warm milk slowly. When thickened add the

in the position desired. Garnish with parsley and serve at once. The bread crumbs may be omitted.

Variation from the Puff omelet may be made by spreading Chili Sauce, asparagus tips, or other finely chopped vegetables over one-half of the omelet before folding.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	81	147	41	269
Calories in a serving (3 oz.) . . .	40	73	21	134

FRENCH OMELET

3 eggs

3 tablespoons milk or water

$\frac{1}{2}$ teaspoon salt

Beat the eggs lightly, add the liquid and the salt; turn into the hot, buttered omelet pan, which must be perfectly clean and smooth. Set on the hot part of the range for a few minutes; draw the cooked portion toward the handle of the pan; elevate the pan slightly by the handle, allowing the uncooked portion to run down to the front of the pan; continue to draw back until all is cooked. When of a creamy consistency, fold as for the Puff Omelet and serve at once. Variations may be made in the French Omelet the same as in the Puff Omelet.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	76	145	11	232
Calories in a serving ($2\frac{3}{4}$ oz.) .	38	72	6	116

RICE OMELET

2 eggs

1 tablespoon butter

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ cup hot boiled rice

Beat the eggs until light and add the salt and rice. The rice should be whole and separate, not mashed. Put the butter in an omelet pan, and when hot turn in the omelet

mixture. Cook as a French Omelet, drawing the cooked portion back with a fork or spatula, at the same time lifting the handle of the pan so that the uncooked portion runs down to the front of the pan. Repeat this as often as necessary. When the omelet is cooked throughout and nicely browned on the bottom, free it from the bottom of the pan by means of a spatula or thin-bladed knife; beginning near the handle of the pan, roll the omelet toward the front of the pan, then turn it out upon the platter. If desired, garnish with parsley. This may also be prepared and baked as a Puff Omelet.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	58	191	114	363
Calories in a serving ($3\frac{1}{2}$ oz.) .	29	95	57	181

TOMATO OMELET

3 eggs	3 slices of fresh tomato or
3 tablespoons milk or	3 tablespoons drained stewed,
water	or canned tomatoes
$\frac{1}{2}$ teaspoon salt	

Prepare a French Omelet as directed above. Cut the tomatoes into fairly large pieces and add to the mixture before cooking.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	77	158	13	248
Calories in a serving ($3\frac{3}{4}$ oz.) .	38	79	7	124

GRAVIES AND SAUCES

BROWN SAUCE

$\frac{1}{4}$ cup flour	$\frac{1}{3}$ cup strong cereal coffee
$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup strained, or two table-
$1\frac{1}{2}$ cups water	spoons condensed tomato
$\frac{1}{2}$ teaspoon salt	2 teaspoons Savita

Rub the flour and butter together. Heat the liquids. Add salt and strained tomato. Pour the liquids slowly into the flour and butter, stirring meanwhile. Add the Savita and let boil five minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	20	440	113	573
Calories in a serving ($1\frac{1}{2}$ oz.) .	1	33	9	43
Calories in 1 oz. *	1	22	5	28

WHITE SAUCE

4 tablespoons butter	2 cups milk
4 tablespoons flour	1 teaspoon salt

Melt the butter in a sauce pan, add the flour and salt and cook for a minute or two. Add the milk and stir until it thickens. Cook for five minutes over the flame, or, better still, remove to a double boiler and cook fifteen to twenty minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	74	634	178	886
Calories in a serving ($2\frac{1}{4}$ oz.) .	10	89	25	124
Calories in 1 oz. *	4	40	11	55

* One ounce is the amount usually served as an accompaniment.

THIN WHITE SAUCE

2 tablespoons butter

2 cups milk

2 tablespoons flour

1 teaspoon salt

Put together the same as White Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	67	415	134	616
Calories in a serving (2¼ oz.) .	9	58	19	86
Calories in 1 oz.	4	26	8	38

SAUCE FOR VEGETABLES

3 tablespoons butter

1 cup liquid in which the
vegetable is cooked

3 tablespoons flour

1 cup milk

1 teaspoon salt

Put together as for White Sauce. Milk may be used instead of the liquid in which the vegetable is cooked.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	40	426	111	577
Calories in a serving (2¼ oz.) .	5	53	14	72
Calories in 1 oz.	2	23	6	31

BECHAMEL SAUCE

1 pint of milk

2 tablespoons chopped

4 tablespoons butter

onion

4 tablespoons flour

⅔ cup chopped celery

1½ teaspoons salt

Add the chopped celery and the onion to the milk, and heat in a double boiler. Rub the flour and butter together and add the hot liquid slowly. Return to the double boiler and cook fifteen to twenty minutes. Add the salt just before serving.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	83	637	194	914
Calories in a serving (2¼ oz.) .	8	65	20	93
Calories in 1 oz.	3	29	9	41

EGG SAUCE

1 pint White Sauce or Cream Sauce
2 hard boiled egg-yolks

Put the hard boiled egg-yolks through a sieve or fine colander. Add to the White Sauce or Cream Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	110	804	178	1092
Calories in a serving (2 oz.) . .	12	89	20	121
Calories in 1 oz.	6	44	10	60

CREAM SAUCE

1/3 pint cream 1 teaspoon salt
2/3 pint milk 4 tablespoons flour

Heat the milk and cream to scalding in a double boiler. Moisten the flour with a little cold milk and add to the hot milk and cream, stirring meanwhile. Add salt.

Thin Cream Sauce is made by using one-half the amount of flour.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	67	386	120	573
Calories in a serving (2 oz.) . .	8	48	15	71
Calories in 1 oz.	4	24	7	35

CELERY SAUCE

2 cups chopped celery	1 cup milk
2 cups water	1½ tablespoons butter
½ teaspoon salt	1½ tablespoons flour

Cook the celery in the salted water. When tender and the water is reduced about one-half, press the celery through

a colander and add the milk. Then proceed as for White Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	48	263	122	433
Calories in a serving (2½ oz.) .	6	34	15	55
Calories in 1 oz.	2	14	6	22

CREAM TOMATO SAUCE

2 cups milk	1 cup strained tomato or
6 tablespoons flour	⅓ cup condensed to-
6 tablespoons butter	mato and ⅔ cup water
1 teaspoon salt	

Make a White Sauce of the milk, flour, and butter. Heat the strained, stewed tomato and add gradually to the White Sauce. Add the salt and serve at once.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	95	862	251	1208
Calories in a serving (3 oz.) . .	10	92	27	129
Calories in 1 oz.	3	31	9	43

TOMATO SAUCE

1½ cups strained, stewed	2 tablespoons butter
tomato, or ⅓ cup con-	2 tablespoons flour
densed tomato and	1 teaspoon salt
1 cup water	

Heat the tomato. Rub the flour and butter together. Pour over this the hot tomato, stirring meanwhile. Let come to the boiling point and cook for five minutes directly over the flame. A little onion or celery salt may be added, if desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	27	233	88	348
Calories in a serving (3 oz.) . .	6	54	20	80
Calories in 1 oz.	2	18	6	26

PIQUANT SAUCE

4 tablespoons butter	1 tablespoon sugar
5 tablespoons browned flour	1 tablespoon grated onion
1 pint Protose Broth	2 tablespoons chopped
3 tablespoons lemon juice	ripe olives
Mint leaves	Thyme

Prepare the Protose Broth by cooking with the mint and thyme one-fourth pound of Protose in one quart of water for one hour or more, allowing it to cook slowly. Then strain.

Rub butter and flour together. Pour over it slowly the hot Protose Broth, add sugar and grated onion. Boil four minutes. Strain and add the chopped ripe olives and the lemon juice.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	31	578	199	808
Calories in a serving (2¼ oz.) .	3	62	21	86
Calories in 1 oz.	1	28	9	38

CREOLE SAUCE

¼ cup flour	¼ cup condensed
1 teaspoon salt	tomato or ¾ cup
¼ cup canned mushrooms	strained tomato
⅓ cup liquid cereal	8 or 10 ripe olives
coffee	1½ cups water
2 tablespoons chopped	¼ cup butter
onion	2 teaspoons Savita

Cook the onion in the butter until nicely browned. Prepare the cereal coffee by dissolving ½ teaspoon Minute Brew or any of the ready-to-use, soluble cereal coffees in ⅓ cup boiling water. Add the water and strained tomatoes to the cereal coffee. Add the flour to the butter and onion, remove from the heat, and stir in slowly the liquids. Let

boil fifteen to twenty minutes, then add the seasonings, the mushrooms cut into small pieces, the olives cut from the stones, and cook for two or three minutes. (For preparation of fresh mushrooms see Buttered Mushrooms).

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	36	586	150	772
Calories in a serving (2 oz.) . . .	3	51	13	67
Calories in 1 oz.	1	26	6	33

MUSHROOM SAUCE

2 tablespoons chopped onion	2 tablespoons butter $\frac{1}{2}$ cup canned mushrooms
$\frac{1}{3}$ cup strained stewed tomato	1 teaspoon salt $1\frac{1}{2}$ cups Brown Sauce

Cook the onion in the butter until nicely browned. Add the tomato and the other seasonings. Chop the mushrooms and add, then stir in the Brown Sauce. Serve with entrées. (For preparation of fresh mushrooms see Buttered Mushrooms.)

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	18	235	47	300
Calories in a serving (2 oz.) . . .	2	26	4	32
Calories in 1 oz.	1	13	2	16

CREAM OF MUSHROOM GRAVY

4 tablespoons flour	3 cups hot milk
4 tablespoons butter	2 tablespoons Savita
$\frac{1}{4}$ pound chopped mushrooms	Salt

Brown the flour and add to the melted butter. Pour hot milk over this, stirring briskly. Add Savita and salt and chopped mushrooms and cook for five or more minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	127	701	260	1088
Calories in a serving (2 oz.) . . .	8	46	16	70
Calories in 1 oz.	4	23	8	35

DRAWN BUTTER SAUCE

$\frac{1}{3}$ cup butter	1 pint boiling water
$\frac{1}{4}$ cup flour	1 tablespoon chopped
1 tablespoon lemon juice	parsley
$\frac{1}{2}$ teaspoon salt	3 hard boiled eggs

Prepare as a White Sauce. Add the hard boiled eggs, chopped, or with the whites sliced and the yolks pressed through a sieve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	108	1034	92	1234
Calories in a serving (2 oz.) . . .	8	80	6	94
Calories in 1 oz.	4	40	3	47

BROWN CREAM GRAVY

$\frac{1}{8}$ pound Protose	4 tablespoons flour
4 tablespoons butter	1 teaspoon salt
2 cups milk	

Broil the Protose in a buttered pan and mince finely. Make a White Sauce of the flour, butter, salt and milk. Add the minced Protose and let stand in a double boiler or over a low flame for fifteen to twenty minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	120	666	198	984
Calories in a serving (2 oz.) . . .	12	66	20	98
Calories in 1 oz.	5	33	10	48

HOLLANDAISE SAUCE

$\frac{1}{2}$ cup butter	1 tablespoon lemon juice
2 egg-yolks	$\frac{1}{4}$ teaspoon salt
$\frac{1}{3}$ cup boiling water	

If salted butter is used, wash by placing in a bowl, covering with cold water and working with a spoon.

Place the egg-yolks in the inner portion of a double boiler. Beat them slightly, add the lemon juice and one-third of the butter, set in hot water and stir until the butter is melted, then add another one-third of the butter, beating while so doing. When this is melted, add the remaining one-third, then the boiling water, stirring slowly. Cook one minute, add the salt and serve at once. This sauce may be served with entrées or vegetables.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	31	1004	0	1035
Calories in a serving (1 oz.) . . .	4	125	0	129

SAVITA CREAM SAUCE

To the White Sauce recipe add two teaspoons of Savita and omit half the salt.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	74	634	178	886
Calories in a serving ($2\frac{1}{4}$ oz.) .	10	89	25	124
Calories in 1 oz.	4	40	11	55

VEGETABLES

THE class of foods known as vegetables varies greatly, both in composition and structure. Every part of a plant—including root, tuber, bulb, stem, leaf, flower, seed, and fruit—is represented in this group.

From the group is excluded the seeds of the grass family, or cereals, and the fruit of trees.

Vegetables are characterized by a low nutritive value, though a few are comparatively high. With the exception of the legumes, which are sometimes given a special classification on account of their very high nutritive value and high protein content, potatoes are the most nutritive.

Vegetables are also characterized by a large amount of cellulose, by their richness in important mineral salts and for the presence of the vitamins.

The cellulose is desirable because it gives the necessary bulk to stimulate peristaltic activity of the alimentary tract. Mineral matter is necessary for maintaining the alkalinity of the blood, and for the repair of the bony structures, and the regulation of other bodily functions. The vitamins are necessary for growth and the maintenance of health.

It is important that vegetables should be prepared and cooked in such a way as to conserve all available food material and mineral salts.

The portion of the vegetable next its skin contains the greater quantity of mineral matter, protein and fat; hence, all thin-skinned vegetables—such as new potatoes, carrots and vegetable oysters—should be scraped. Other vegetables should be pared as thinly as possible.

When the liquid in which vegetables are cooked is drained

off, it carries with it much that is valuable. As far as possible, this should be saved and used as the foundation for soups or sauces.

Vegetables should be cooked only until tender. Many vegetables develop a strong and unpleasant flavor and are rendered less easily digested by overcooking. This is especially true of cabbage, cauliflower, etc. When overcooked they also take on a reddish hue.

Strongly flavored vegetables—such as onions, cabbage, turnips—should be cooked uncovered.

All vegetables should go over the fire in boiling water.

Fresh, succulent vegetables should always be soaked several hours before cooking, and be cooked in unsalted water, as the salt combines with the legumin—a form of protein—and forms an insoluble compound, thus making the vegetables very difficult to cook. Soft water should be used if possible.

Old vegetables may be made much more tender by immersing an hour or more in cold water just before cooking.

Asparagus, lettuce and other succulent vegetables may be freshened by standing in cold water. Lettuce and celery should be sprinkled and wrapped in a paper and placed on ice until needed. Sweet corn may also be kept the same way, but all summer vegetables should be cooked as soon as possible after gathering.

It is much more economical to buy vegetables as well as fruits only when in season. It is possible now, however, to buy many fresh vegetables that are commonly grown in green-houses, practically all the year round. This is especially true of lettuce and, to quite an extent, string beans.

All canned vegetables should be boiled before serving, anywhere from five to twenty minutes, in order to prevent any possibility of botulism poisoning. Boiling temperature

is known to destroy this poison. Thin liquids, like soups, need boiling only five minutes. The thicker, heavier vegetables—such as peas and corn—should be boiled a longer time. It is imperative that all canned vegetables suspected of spoilage should be discarded.

BOILED POTATOES

Wash and scrub the potatoes with a vegetable brush. Pare very thinly and place in a pan of cold water. Cut all as nearly of the same size as possible. When all are pared, put them into a saucepan of boiling, salted water. Let them boil until soft when pierced with a fork. Then add a cup of cold water, which will check the cooking on the outside, while the heat already in the potato will finish the cooking of the center. This makes the potatoes evenly cooked throughout. When they again reach the boiling point, if the potatoes are sufficiently cooked, drain off the water, dust with salt, and allow the potatoes to remain over a low flame for a moment. Or so, shaking occasionally to more perfectly dry them.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (3 oz.) . . .	8	1	71	80

BAKED POTATOES

Wash and scrub the potatoes with a vegetable brush. until perfectly clean. Dry with a cloth and bake in a moderate oven until they feel soft when pressed with the fingers. This will take about forty-five minutes, unless the potatoes are small. When done, take each potato in a towel in the hand and press gently, without breaking the skin, until the whole potato feels soft, then the skin may be ruptured slightly and the potatoes sent to the table at once. Never pierce the potato with a fork to see if

it is done, as this allows the steam which forms within, and which cooks the potato, to escape.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (3 oz.) . . .	9	1	78	88

MASHED POTATOES

1 quart potatoes	$\frac{1}{2}$ cup hot milk
1 teaspoon salt	1 tablespoon butter

Boil the potatoes, drain and dry by shaking gently over the flame. Rice by forcing through a ricer or a colander, or mash with a potato masher. Then add the seasonings and milk and beat until light. Serve with bits of butter dotted over the top or with White Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	94	163	689	946
Calories in a serving ($3\frac{1}{4}$ oz.) .	9	15	61	85

PARISIAN POTATOES

1 quart steamed or boiled potatoes	1 pint Brown Sauce
	1 teaspoon salt

Place potatoes in a dripping pan and cover with Brown Sauce. Put in oven and bake fifteen to twenty minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	95	358	756	1209
Calories in a serving (4 oz.) . . .	9	36	76	121

POTATO CROQUETTES

1 pint hot, riced potatoes	1 teaspoon finely chopped
$\frac{1}{2}$ teaspoon salt	parsley
2 egg-yolks	1 egg
2 tablespoons butter	2 tablespoons milk or
$\frac{1}{2}$ teaspoon grated onion	water
$\frac{1}{4}$ teaspoon celery salt	1 cup toasted bread crumbs

To the potatoes add butter, seasonings, and the beaten egg-yolks and beat thoroughly. Form the potatoes into croquettes of any desired shape.

Beat the egg slightly, add the milk or water, dip the croquettes into the toasted bread crumbs, then into the beaten egg and again into the toasted bread crumbs. Bake in a hot oven ten to fifteen minutes, or until nicely browned. Basting with milk during the baking improves the appearance of the croquette.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	114	409	460	983
Calories in a serving ($2\frac{1}{4}$ oz.) .	13	46	52	111

POTATO CAKES

Use the same ingredients as for Potato Croquettes. Mix, shape and form into cakes, place in a buttered pan and bake in a hot oven. A few minutes before removing from the oven brush with milk and cream. If preferred, the onion juice and celery salt may be omitted.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	90	401	299	790
Calories in a serving ($2\frac{1}{2}$ oz.) .	11	49	37	97

POTATO CAKES WITH GRAVY

1 pint mashed potato	2 tablespoons butter
2 tablespoons flour	2 teaspoons Savita
1½ cups water	

Form the seasoned, mashed potato into round cakes, place in a buttered pan and pour over them a gravy made from the remaining ingredients. Prepare the gravy as for Savita Cream Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	50	221	416	687
Calories in a serving (3¼ oz.) .	6	18	32	56

POTATO BALLS EN SURPRISE

1 pint riced potatoes	3 tablespoons butter
6 hard boiled egg-yolks	¼ teaspoon celery salt
1¼ teaspoons salt	

Season the riced potatoes with one teaspoon salt and two tablespoons butter. Prepare stuffing by mashing the egg-yolks together with one tablespoon butter, one-fourth teaspoon salt, and the celery salt. Shape into six balls. Surround each with the potato. Brush the balls with milk. Bake until nicely browned.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	121	712	334	1167
Calories in a serving (4 oz.) . . .	26	158	72	256

POTATO PUFF

4 cups mashed potatoes	4 tablespoons butter
2 egg-yolks	⅓ cup milk
2 teaspoons salt	

Prepare the mashed potato by forcing the potatoes through a ricer or colander, add the salt, butter and milk,

and beat until light. Beat the egg-yolks until light and stir into the potatoes. Turn about three-fourths of the potatoes into a baking dish, reserving the remainder for piping. Fill a pastry bag having a scallop-edged tube with the potatoes. Force them gently through the fluted tube to make any desired pattern. Beat one egg-white slightly, dilute with one tablespoon of milk, and with this brush the potatoes lightly and bake in a moderate oven until nicely browned.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	117	601	681	1399
Calories in a serving (3½ oz.).	12	63	72	147

POTATO LOAF

4 cups mashed potatoes	¼ cup milk
2 tablespoons butter	2 eggs

Boil the potatoes in salted water, mash and add butter and milk. Separate the eggs, adding the well-beaten yolks to the potatoes and beat thoroughly, then add the stiffly-beaten egg-whites. Turn into a buttered dish and bake in a moderate oven until nicely browned on top.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	133	545	677	1355
Calories in a serving (3½ oz.).	13	56	69	138

POTATO AND RICE CROQUETTES

1 cup mashed potatoes	½ cup boiled or steamed
½ teaspoon grated onion	rice
¼ cup milk	¼ teaspoon salt
1 egg	½ cup bread crumbs

Mix the mashed potatoes, rice, onions and salt with the milk. (The amount of milk will depend upon the dryness

of other materials). Shape, and dip into the beaten egg. Roll in bread crumbs and bake until brown.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	42	26	311	379
Calories in a serving (3 oz.) . . .	10	6	78	94

SCALLOPED POTATOES

6 medium-sized potatoes	3 cups milk
2 teaspoons salt	$\frac{1}{3}$ cup bread crumbs
3 tablespoons butter	1 small onion
2 tablespoons flour	

Peel and slice the potatoes, and arrange a layer in the bottom of a baking dish. Put a little of the finely-minced onion, bits of butter and a sprinkle of salt over this. Dredge slightly with flour, then place another layer of potato and continue to fill the dish, arranging the ingredients in the same order as for the first layer. Heat the milk and pour over the potatoes. Sprinkle the dry or buttered bread crumbs over this and cook an hour or more in a moderate oven.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	178	633	828	1639
Calories in a serving ($4\frac{1}{4}$ oz.) .	16	57	74	147

STUFFED POTATOES

6 medium-sized potatoes	3 tablespoons butter
$\frac{1}{2}$ cup milk or cream	1 teaspoon salt

Select well shaped potatoes of about equal size. Bake until soft, then cut or break each potato at about the middle. Remove the contents, mash the potato, add salt, butter and sufficient cream or milk to cause the potato to beat up light. When very light fill the skins with the seasoned potato,

piling it up in irregular shapes. Set the stuffed potatoes in the oven for a few minutes to brown.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	86	274	610	970
Calories in a serving ($3\frac{1}{2}$ oz.) .	9	30	66	105

SAVORY POTATOES

1 pint sliced potatoes	1 tablespoon butter
$\frac{1}{2}$ small onion	1 cup water
$1\frac{1}{2}$ teaspoons salt	

Peel and slice the onion in the bottom of a buttered pan, add the potatoes, sprinkle with salt, and pour the hot water over all. Bake in a slow oven two hours or more.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	35	112	294	441
Calories in a serving ($3\frac{3}{4}$ oz.) .	9	24	68	101

POTATOES A LA MAITRE D'HOTEL

1 pint potato balls	1 tablespoon lemon juice
1 cup hot milk	1 tablespoon chopped
1 tablespoon butter	parsley
1 egg-yolk	$\frac{1}{2}$ teaspoon salt

Use a French cutter for preparing the potato balls. Small cubes will do if the cutter is not obtainable. Put the potatoes to cook in boiling, salted water for ten minutes. Drain and add one cup of hot milk. Continue the cooking until the potatoes are soft. Cream one tablespoon of butter and add one beaten egg-yolk. When well blended with the butter, add the lemon juice, parsley and salt. Lift a little

of the hot milk from the potatoes into the butter, then pour quickly into the potatoes, stirring while so doing.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	79	274	339	692
Calories in a serving (3½ oz.) .	12	43	54	109

BROWNED POTATOES

6 medium-sized potatoes

2 tablespoons butter

Peel and boil the potatoes. Place them in a shallow baking pan, and for every half dozen medium-sized potatoes used, melt two level tablespoons of butter, and spread lightly over them with a brush (a small paint brush is convenient). Put into a hot oven and bake to a golden brown.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	71	225	587	883
Calories in a serving (3¼ oz.) .	8	26	68	102

HASHED BROWN POTATOES

4 medium-sized boiled potatoes

2 tablespoons milk

2 tablespoons butter

1½ teaspoons salt

Slice or chop the cold potatoes and place in a buttered pan. Add the salt and mix with the melted butter. Place in a hot oven until nicely browned. Stir, add the milk and brown again. Stir again, and brown the third time.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	55	235	425	715
Calories in a serving (2¾ oz.) .	7	32	59	98

Mix the cold potatoes with the finely cut celery. Add the salt and the melted butter, stir together, place in a

POTATOES AU GRATIN

4 medium-sized potatoes	$\frac{1}{2}$ teaspoon salt
5 tablespoons butter	1 cup crumbs
4 tablespoons flour	2 cups milk
1 $\frac{1}{2}$ cups grated cheese	

Boil the potatoes, dice and spread in the bottom of a pan. Make a White Sauce using four tablespoons of the butter, the flour, milk and salt. Add part of the grated cheese, reserving only enough to sprinkle on the top. Melt the remaining tablespoon of butter, add the crumbs, stirring lightly with fork. Pour sauce over potatoes. Place layer of crumbs over this. Sprinkle with the remainder of the grated cheese, and, lastly, the buttered crumbs. Bake in a quick oven until nicely browned.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	360	1281	827	2468
Calories in a serving (3 oz.) . .	24	87	56	167

GLAZED SWEET POTATOES

6 medium-sized sweet potatoes	$\frac{1}{3}$ cup water
$\frac{3}{4}$ cup sugar	1 $\frac{1}{2}$ tablespoons butter

Boil the sweet potatoes in salted water for ten minutes, remove the skins and cut in halves lengthwise. Arrange in a buttered pan. Make a syrup by boiling the sugar and water for three minutes. Add the butter. Brush potatoes with syrup and bake until brown, basting with remaining syrup. Serve in a hot, covered dish.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	62	217	1621	1900
Calories in a serving (3 oz.) . .	5	18	135	158

CREAMED SWEET POTATOES

6 small sweet potatoes	1 1/2 tablespoons sugar
2 teaspoons salt	3 tablespoons butter
2 eggs	3 tablespoons flour
3 cups milk	

Pare the sweet potatoes and cut each into about four pieces. Cook in boiling water until they can be pierced with a silver fork. Drain off the liquid and place the potatoes in a casserole or baking dish. While the potatoes are boiling, make a White Sauce of the milk, flour and butter. Cook until thickened and add the salt and sugar. Beat the eggs and add slowly a little of the hot sauce; turn this into the remainder of the sauce and pour over the sweet potatoes. Bake in a slow oven until set, taking care not to let cook until the mixture curdles.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	218	756	1225	2199
Calories in a serving (3 1/2 oz.) .	12	45	73	130

SWEET POTATO CROQUETTES

6 medium-sized sweet potatoes	2 tablespoons butter
1 egg	2 tablespoons milk
	1 teaspoon salt

Peel the potatoes and drop at once into cold water to prevent discoloration. Boil, drain and put through a colander. Add the butter, milk and salt. Beat the egg and stir into the mixture. Form into croquettes. Dip into dried bread crumbs, then into the beaten egg, to which has been added two tablespoons of milk or water, then back into the

bread crumbs. Bake in a buttered pan until nicely browned. Serve with White Sauce or Cream Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	133	372	1064	1569
Calories in a serving (2¾ oz.).	10	28	81	119

BROWNED SWEET POTATOES

6 medium-sized sweet potatoes 2 tablespoons butter
2 tablespoons sugar

Peel the sweet potatoes and toss into cold water immediately to prevent discoloration. Cut in halves lengthwise. Cook in boiling, salted water or steam until tender. Drain and place in a buttered pan. Brush the tops of the potatoes with the butter. Sprinkle slightly with the sugar. Place in a hot oven and bake until nicely browned.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	62	271	1051	1384
Calories in a serving (3 oz.) . . .	6	25	97	128

SWEET POTATOES AND APPLES

2 or 3 medium-sized 1½ cups thinly sliced apple
potatoes ½ cup brown sugar
4 tablespoons butter 1 teaspoon salt

Pare the sweet potatoes and cook in boiling, salted water and cut into one-quarter-inch slices. Pare apples and cut into thin slices. Arrange potatoes and apples in layers. Sprinkle with sugar and dot with butter. Bake in moderate oven until apples are done.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	39	473	954	1466
Calories in a serving (3¼ oz.).	4	52	104	160

CORN ON THE COB

Select corn as fresh as can be obtained. The grains should be tender and milky. Remove the husks and the silky fibres, trim the ends and toss into boiling, salted water; boil for five to ten minutes. If the corn is not absolutely fresh, add a little sugar to the water. When finished cooking, remove from the water and send to the table in a napkin.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving ($2\frac{3}{4}$ oz.) .	9	8	59	76

CREAMED CORN

1 can corn	1 tablespoon butter
1 tablespoon flour	$\frac{1}{2}$ teaspoon salt
1 cup milk	

Cook the corn at least twenty minutes. Make a White Sauce of the butter, salt, flour and milk. Add to the corn, reheat and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	97	269	500	866
Calories in a serving (3 oz.) .	10	29	51	90

SCALLOPED CORN

$\frac{1}{4}$ cup butter	1 pint fresh corn or
$\frac{1}{4}$ cup flour	drained, canned corn
$\frac{1}{2}$ teaspoon salt	1 cup bread crumbs
1 tablespoon sugar	$\frac{1}{8}$ cup cream
1 $\frac{1}{2}$ cups milk	

Make a White Sauce of the butter, flour and milk. Then add the corn, the salt and the sugar. Let come to the boiling point and turn into a baking dish. Cover the top with the bread crumbs, moistened slightly with the cream, and

bake fifteen to twenty minutes. A tablespoon of butter may be used instead of the cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	149	749	774	1672
Calories in a serving (3 oz.) . . .	12	60	63	135

CORN PUDDING

$\frac{1}{2}$ dozen ears corn	1 pint milk
1 tablespoon sugar	$\frac{1}{2}$ teaspoon salt
2 eggs	1 tablespoon melted butter

Cut the corn from the cob, first shaving off the tops of the grains, then scraping out the pulp of the corn. If canned corn is used (one-half can), drain off the liquid. Beat the eggs slightly, add the milk, sugar, salt, and melted butter and then the corn. Turn into a baking dish, set in a pan of hot water and bake in a moderate oven thirty to forty minutes, or until set like a custard.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	138	416	365	919
Calories in a serving (3 oz.) . . .	15	44	39	98

SUCCOTASH

1 cup stewed or canned corn	$\frac{4}{5}$ cup lima beans 1 $\frac{1}{2}$ tablespoons butter $\frac{1}{2}$ teaspoon salt
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Soak four-fifths of a cup of dried lima beans one hour or more in cold water; drain, and add one quart of hot water. Cook until almost tender. Add the salt and finish cooking. Allow the liquid to evaporate before removing from the stove. Add the corn, butter and salt. Cook all together twenty minutes and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	128	211	567	906
Calories in a serving (3 oz.) . . .	14	23	63	100

BUTTERED CAULIFLOWER

1 medium-sized head cauliflower 2 tablespoons butter

Remove all the green leaves and place the cauliflower head downward in cold water to which has been added one tablespoon of salt to each quart of water. Let soak one-half hour or more, to draw out any insects that may have found their way into the flowerets. If the head is to be cooked whole, tie it in a cheese cloth to prevent breaking. Boil in salted water twenty to twenty-five minutes, or until tender, taking care not to cook longer than necessary. Drain and dress with melted butter.

Cauliflower is more quickly cooked if broken into the flowerets.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	29	234	74	337
Calories in a serving (3 oz.) . . .	2	15	5	22

CREAMED CAULIFLOWER

**1 medium-sized head
cauliflower**

**1 cup Sauce for Vege-
tables**

Prepare and cook the cauliflower the same as for Buttered Cauliflower. Prepare one cup Sauce for Vegetables. Mix the cauliflower with the sauce. Let cook about five minutes or until the cauliflower is thoroughly seasoned.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	62	224	141	427
Calories in a serving (3 oz.) . . .	9	30	20	59

CAULIFLOWER AU GRATIN

**1 medium-sized head
cauliflower**

**1 cup Thin White Sauce
1 cup bread crumbs**

1 tablespoon butter

Wash the cauliflower and soak in water to which has been added a tablespoon of salt to a quart of water. Cauliflower may be cooked tied in a cheese cloth or broken into flowerets. Cook in boiling, salted water. Drain, place in a baking dish, cover with Thin White Sauce or Sauce for Vegetables, then sprinkle with the buttered bread crumbs and bake until brown.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	87	355	270	712
Calories in a serving (3 oz.) . . .	11	44	34	89

CREAMED BRUSSELS SPROUTS

1 pint brussels sprouts

1 cup White Sauce

Remove the wilted leaves from the brussels sprouts and soak them in cold water fifteen minutes. Cook in boiling, salted water about twenty minutes, or until tender. Drain, and cover with White Sauce, using one cup of the White Sauce to each pint of the sprouts.

The brussels sprouts may be served with a butter dressing, the same as Buttered Cauliflower.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	55	215	143	413
Calories in a serving ($3\frac{3}{4}$ oz.) .	9	40	27	76

BRUSSELS SPROUTS IN RAMEKINS

Pick over brussels sprouts, and soak in cold water to which a little salt has been added. Cook in boiling salted water, drain and, if large, cut into halves or quarters. Put three or four of the sprouts into ramekins, add White Sauce (about three tablespoons), and a sprinkle of finely chopped peppers. Cover the top lightly with toasted bread crumbs.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving ($3\frac{3}{4}$ oz.) .	13	89	31	133

STEWED CABBAGE

1 medium-sized head
cabbage

1 tablespoon butter
1 teaspoon salt

Remove the outside leaves of the cabbage, cut into quarters and chop, not too fine. Put to soak in cold water for a half hour or more, if possible. Toss into boiling, salted water, and cook uncovered for from twenty minutes to one hour, the time varying according to the age and condition of the cabbage. Toward the latter part of the cooking, allow most of the water to evaporate. Season with butter, allowing one tablespoonful to a pint of cabbage.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	30	229	100	359
Calories in a serving (4 oz.) . . .	7	54	23	84

CREAMED CABBAGE

1 pint chopped cabbage
2 tablespoons flour

2 tablespoons butter
 $\frac{1}{4}$ teaspoon salt

1 cup milk

Chop the cabbage, not too fine, and cook in salted water until tender, then drain. Make a White Sauce by rubbing together the flour, salt and butter and adding the hot milk. Cook five or more minutes and mix with the cooked cabbage, reheat and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	51	323	139	513
Calories in a serving ($3\frac{3}{4}$ oz.) .	11	71	31	113

CABBAGE IN TOMATO

1 quart chopped cabbage	1 tablespoon butter
3 cups strained tomato	1 teaspoon salt

Stew the chopped cabbage in an uncovered dish with the strained tomato about one-half hour, or until tender. Add the salt and butter, and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	62	132	210	404
Calories in a serving (3½ oz.) .	5	12	19	36

HOT SLAW

1 quart chopped cabbage	1 teaspoon salt
¼ cup lemon juice	¼ cup Meltose
1 cup water	2 tablespoons butter

Mix all of the ingredients together and cook in a double boiler one and one-half hours, or until the cabbage is tender.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	30	229	338	597
Calories in a serving (3 oz.) . .	3	25	38	66

SCALLOPED CABBAGE

1 medium-sized head cabbage	1 cup stale bread crumbs
1½ cups Sauce for Vegetables	½ teaspoon salt
1 tablespoon butter	

Remove the outer leaves of the cabbage and cut down through the core into eighths. Soak in cold water one-half hour. Cook by steaming or by boiling until tender, adding salt when the cabbage begins to get tender. As soon as tender remove from the water and drain. Place the cabbage in a buttered baking dish. Pour over it the

Sauce for Vegetables. Cover with buttered bread crumbs, and bake until nicely browned.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	78	411	296	785
Calories in a serving (3 oz.) . . .	8	41	29	78

BAKED CABBAGE

1 medium-sized head cabbage
2 eggs
1 teaspoon salt
1 pint milk

Chop the cabbage, boil in salted water until tender, then drain. Beat together the eggs and milk, pour over the cabbage, and bake in a slow oven until set.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	135	287	192	614
Calories in a serving (3 oz.) . . .	12	25	17	54

BAKED CABBAGE A LA RUSSE

1 large head cabbage
2½ cups toasted bread crumbs
¼ cup butter
1 teaspoon salt
4 cups milk
¼ cup butter

Remove the leaves of the cabbage, cut off the stem, and hollow out the center from the stem end. Cut away the cabbage adhering to the core, and chop very fine. Mix with this one and one-half cups of the bread crumbs (made by rolling zwieback or thoroughly dried and toasted bread on a moulding board), also the butter and salt, and fill center with this. Place the chopped cabbage, with the remainder of the bread crumbs and the milk, in a crock or a large

baking dish, and cover closely. Place in oven and bake slowly for two hours or more. When tender, and the milk somewhat evaporated, remove and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	203	858	587	1648
Calories in a serving (3 oz.) . . .	16	68	45	129

CREAMED CARROTS

3 cups diced carrots

1 cup White Sauce

To prepare the carrots, select two large or three medium-sized carrots, wash and scrape and drop at once into cold water to prevent discoloration. Cut into half-inch cubes and steam or cook in boiling, salted water one to two hours, or until tender. Prepare White Sauce or Cream Sauce. Drain the carrots, add the sauce, reheat, and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	48	220	194	462
Calories in a serving (3¾ oz.) .	9	41	36	86

CARROTS VICHY

1 quart thinly sliced carrots

¼ cup butter

Select medium-sized carrots, wash and scrape, slice very thin and drop into cold water at once. Put a layer in a baking dish, brush generously with melted butter and add another layer of sliced carrots. Brush with butter. Cook in a very moderate oven for 2½ or 3 hours, or until carrots are tender. Should any unabsorbed fat remain, it should be drained before serving.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	31	889	222	1142
Calories in a serving (3 oz.) . . .	4	107	27	138

GLAZED CARROTS

3 bunches young carrots 3 tablespoons butter
4 tablespoons sugar $\frac{3}{4}$ teaspoon salt

Scrape the young carrots and slice. This amount should make one quart. If less or more than this amount, the relative proportion of seasonings should be maintained. Pour boiling water, sufficient to cover, over the carrots; add salt and the sugar—one tablespoon for each cup. Cook forty-five minutes or until the carrots are tender. By the time the carrots are done the water should be almost evaporated. When the water has evaporated so that only a syrup remains, add the butter and cook for a few minutes. Serve hot.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	22	342	396	760
Calories in a serving (3 oz.) . . .	4	62	72	138

LYONNAISE CARROTS

1 quart thinly-sliced 2 tablespoons minced onions
 carrots 2 tablespoons chopped parsley
 $\frac{1}{4}$ cup butter Salt to taste

Wash, scrape and slice carrots. Cook until tender in boiling, salted water. Drain. Add finely-minced onion; pour the melted butter over the carrots. Turn into a baking dish and bake forty-five minutes or more. When removed from oven, sprinkle with finely-chopped parsley.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	23	440	182	645
Calories in a serving (3 oz.) . . .	4	73	30	107

CARROTS WITH GREEN PEAS

1½ pints diced carrots

1 can peas

1 pint Sauce for Vegetables

Prepare the carrots same as for Creamed Carrots. Cook in boiling water until tender, adding salt one-half hour before done. Drain and prepare the Sauce for Vegetables. Drain and warm the peas, and add them to the vegetables and sauce. Bring to the boiling point and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	147	407	456	1010
Calories in a serving (3 oz.) . . .	10	31	34	75

BOILED SPINACH

1 pint cooked spinach

1 tablespoon butter

Pick over the spinach, carefully removing all wilted leaves. Cut off the roots and the coarse fibre of the leaves which require longer cooking, toss into cold water, and wash thoroughly through several waters, being careful to quite free it from sand. Put to cook in boiling water and let boil five minutes. Drain, add salt and allow it to finish cooking in the liquid which remains on the leaves. Let cook until tender, which will require about twenty-five minutes. Drain off the excess moisture, if any, and chop. Add butter—one tablespoon to a pint of the cooked spinach. Serve with slices of lemon and, if desired, hard boiled egg-yolks.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	37	275	46	358
Calories in a serving (3 oz.) . . .	7	51	9	67

SPINACH A LA BECHAMEL

$\frac{1}{2}$ peck spinach	2 tablespoons flour
3 tablespoons butter	$\frac{3}{4}$ cup milk

Prepare one-half peck spinach by cooking as directed for Boiled Spinach. Put three tablespoons butter in hot omelet pan; when melted add chopped spinach. Cook three minutes. Sprinkle with 2 tablespoons flour, stir thoroughly and add $\frac{3}{4}$ cup milk. Cook five minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	69	578	106	753
Calories in a serving (3 oz.) . . .	8	70	15	93

SPINACH SOUFFLE

3 eggs	2 tablespoons butter
$\frac{1}{4}$ cup flour	$\frac{1}{2}$ teaspoon salt
1 cup cooked spinach	$\frac{2}{3}$ cup hot milk

Rub the flour, salt, and butter together until smooth, then stir in slowly the hot milk. Rub the spinach through a colander and add to this the White Sauce. Beat the egg-yolks until light and creamy, add to the mixture, and fold in the stiffly-beaten egg-whites. Turn into a buttered baking dish, set in a pan of hot water, and bake in a slow oven fifteen to twenty minutes. Serve immediately.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	123	497	926	1546
Calories in a serving (3 oz.) . . .	25	78	146	249

SPINACH LOAF

1 cup cooked spinach	1 cup cottage cheese
1 cup canned tomatoes	1 tablespoon butter
1 tablespoon grated onion	2 eggs
1 tablespoon Savita	

Dissolve the Savita in just enough hot water or tomato juice to make a thin paste. Add other ingredients (egg well beaten). Mix thoroughly and bake in buttered dish in moderate oven about twenty minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	272	326	110	708
Calories in a serving (3 oz.) . . .	34	41	14	89

SWISS CHARD

This is a vegetable quite similar to spinach. Prepare and cook the same as for Boiled Spinach.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	37	275	46	358
Calories in a serving (3 oz.) . . .	7	51	9	67

MASHED TURNIPS

1 pint mashed turnips 1 tablespoon butter
1 teaspoon salt

Wash and pare the turnips deeply enough to remove the fibrous layer which lies about one-eighth to one-fourth inch beneath the skin. Slice or quarter and put to cook in boiling water. Cook uncovered. When almost done,—which will require from forty-five minutes to two hours' time,—add salt and finish cooking. Drain, mash, and add one tablespoon butter to each pint of mashed turnips.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	22	117	147	286
Calories in a serving (4 oz.) . . .	5	22	36	63

CREAMED TURNIPS

1 pint small turnips 1 cup Sauce for Vegetables

Pare small, young, white turnips, boil till tender, adding salt one-half hour before done. Drain and dry over the flame. Prepare Sauce for Vegetables. Pour over the turnips and let simmer fifteen minutes. If small turnips are not obtainable, large ones may be sliced and otherwise prepared as the whole ones.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	40	198	196	434
Calories in a serving (3 oz.) . . .	5	26	25	56

CREAMED TURNIPS ON TOAST

1 pint diced turnips 1½ tablespoons butter
 1 teaspoon salt 1½ tablespoons flour
 1 cup milk 4 slices toasted bread

Cook the turnips in boiling, salted water until tender. Drain, make a White Sauce of the milk, butter, flour and salt. Pour over the turnips and serve on crisp, toasted bread.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	100	286	479	865
Calories in a serving (6 oz.) . . .	21	61	103	185

MASHED PARSNIPS

1 pint mashed parsnips 1 tablespoon butter

Wash and scrape the parsnips and toss immediately into cold water to prevent discoloration. Proceed as for Mashed Turnips.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	29	129	245	403
Calories in a serving (3 oz.) . . .	5	24	46	75

BROWNED PARSNIPS

Wash and scrape one pound of parsnips (four or five medium-sized). Boil until tender in boiling, salted water. Drain. Put in a shallow pan and add five or six tablespoons melted fat. Baste with fat frequently and bake until parsnips are browned. Drain so that the unabsorbed fat may be removed.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (4 oz.) . . .	7	31	59	97

CREAMED PARSNIPS

1 pint chopped parsnips	$\frac{1}{2}$ teaspoon salt
2 tablespoons flour	1 cup milk
2 tablespoons butter	

Clean and scrape the parsnips and split lengthwise twice; then cut into one inch pieces. Boil in salted water (one-half teaspoon salt to the pint) until tender, which will require one to two hours if the parsnips are old, or forty-five minutes if young. Make a White Sauce of the remaining ingredients, mix with the parsnips, from which the liquid has been drained, reheat, and serve. Sauce for Vegetables may be used, if preferred.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	66	336	335	737
Calories in a serving (3 oz.) . . .	8	42	41	91

SCALLOPED PARSNIPS WITH TOMATO

1 onion	1 teaspoon salt
1 tablespoon butter	1 teaspoon sugar
2 cloves	$3\frac{1}{2}$ cups boiled parsnips
$1\frac{1}{2}$ cups stewed tomatoes	$\frac{1}{3}$ cup toasted bread crumbs

Cook the onion in the butter until a golden brown. Add the stewed tomatoes, season with salt, sugar and cloves. Simmer until a smooth sauce is obtained. Then remove the cloves. Place a layer of diced, boiled parsnips in a shallow, buttered baking dish, then a layer of tomato sauce, and repeat until the dish is full, leaving a layer of parsnips on top. Cover with bread crumbs and brown in the oven.

Serves about eight orders.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	67	143	431	641
Calories in a serving (3 oz.) . . .	6	12	37	55

DRIED LIMA BEANS

Soak the beans in cold water over night. Do not use warm water, as they may spoil. Cook in boiling water until tender. There should be little liquid remaining when finished cooking. Season with butter and salt a few minutes before tender. Croquettes made from lima beans are a nice left-over dish.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (2¼ oz.) .	10	2	37	49

STRING BEANS

String the beans, cut into inch lengths, wash, and cook in boiling water one to three hours. Salt the last half hour of cooking. Drain. Season with butter.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (4 oz.) . . .	5	1	16	22

STRING BEANS IN CREAM

1 quart cooked string beans	1 egg-yolk
1 cup cream	1 teaspoon lemon juice
	¾ teaspoon salt

If the beans are cold, reheat by adding a little hot water and cooking in a saucepan until thoroughly heated. If there is an excess of liquid, drain. Prepare a dressing by beating the egg-yolk until light, adding the cream, and cooking over hot water until it begins to thicken; add the lemon juice slowly, stirring constantly, then the salt and the beans.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	69	469	144	682
Calories in a serving (3 oz.) . . .	6	43	12	61

STRING BEANS SNIJBOONEN

1 pint cooked string beans 1 cup White Sauce
1 cup Brown Sauce ¼ cup onion, chopped

Cook onion in brown gravy. Add the beans; season to taste. Simmer in an open pan until the gravy is nearly absorbed; add the White Sauce and serve hot.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	35	307	115	457
Calories in a serving (4 oz.) . . .	9	77	29	115

STRING BEANS A LA FLAMANDE

1 pint cooked string beans 2 tablespoons chopped
1 tablespoon butter onions
1 teaspoon Savita

Prepare string beans and cook in usual manner. Melt fat in a pan and add the chopped onion. Cook until brown. Add Savita and string beans. Stir frequently until the beans are a little brown also. Serve very hot.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	11	136	32	179
Calories in a serving (3¾ oz.) .	4	45	11	60

SPANISH STRING BEANS

1 quart string beans	2 onions (small)
1 tablespoon flour	2 cloves
1 sweet pepper	2 cups tomatoes
4 tablespoons butter or fat	2 teaspoons salt

Prepare string beans in the usual manner, cook until nearly done in boiling water. Salt the last half hour of cooking. Cook onions, cloves, pepper and tomatoes, if fresh ones are to be used, until done. If canned ones are used, add them after the first vegetables are done. Brown the flour used to thicken the vegetables. Add the beans and cook slowly a few minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	124	472	427	1023
Calories in a serving (3½ oz.) .	7	28	26	61

SALAD BEANS

1 quart string beans	1 teaspoon salt
2 tablespoons butter	1 cup hot water
1 tablespoon flour	1 tablespoon lemon juice

String the beans and cut into three-fourths-inch lengths. Put to cook in sufficient boiling, salted water to cover, and cook from one to three hours, according to the age of the beans. When tender, pour off the water and measure—there should be about one cup of the liquid. Rub the flour and one-half of the butter together. Pour over this, stirring constantly, the hot liquid, then place over the fire and cook five minutes. When finished cooking, remove from the fire, add the lemon juice and pour over the cooked beans.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	32	223	125	380
Calories in a serving (3¼ oz.) .	3	22	12	37

BREADED TOMATO

1 quart canned tomatoes	1 tablespoon butter
1 cup bread crumbs	2 teaspoons salt
$\frac{1}{2}$ tablespoon sugar	

Cook the tomatoes twenty to thirty minutes. Add the salt, sugar, butter, and lastly the bread crumbs.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	63	133	294	490
Calories in a serving ($3\frac{1}{2}$ oz.) .	7	15	32	54

STUFFED TOMATOES

6 large tomatoes	2 tablespoons butter
2 cups stale bread crumbs	2 teaspoons salt
2 tablespoons finely chopped onions	

Cut off the blossom end of firm, ripe tomatoes and remove the inside portion. Prepare the dressing by placing the butter and onion in a sauce pan and cooking until nicely browned. Add the salt and the bread crumbs. Fill the tomato shells with the dressing, place in a buttered pan and bake in a moderate oven about one hour.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	75	266	385	726
Calories in a serving (5 oz.) . . .	10	38	55	103

STUFFED TOMATOES WITH OLIVES

7 medium-sized tomatoes	4 tablespoons dry bread crumbs
1 tablespoon butter	
$\frac{1}{2}$ small onion, finely chopped	$\frac{1}{2}$ cup seeded ripe olives

Remove stems from firm, ripe tomatoes and scrape out pulp. Cook the onion with the butter in a double boiler for twenty minutes. Add the tomato pulp and cook five minutes, then add the olives and bread crumbs. Put the mixture into the tomato shell; cover with bread crumbs and bake.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	23	398	94	515
Calories in a serving (6 oz.) . . .	11	199	47	257

BAKED TOMATOES

Scald and peel the desired number of tomatoes. Remove the cores and cut down from the stem end about half way, making six or eight sections. Sprinkle salt into the openings and place a piece of butter in the center of each. Arrange the tomatoes closely in a pan, pour about one-fourth cup of hot water in the bottom of the pan, and bake slowly about one hour. Slow cooking of tomatoes develops a delicious flavor.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (5 oz.) . . .	5	41	22	68

TOMATOES AU GRATIN

3 medium-sized tomatoes or	$\frac{3}{4}$ cup grated Ameri-
1 $\frac{1}{2}$ cups canned tomatoes	can Cheese
—drained	$\frac{1}{2}$ cup buttered bread
1 tablespoon butter	crumbs
$\frac{1}{2}$ teaspoon salt	

Drain the tomatoes of excess juice. Place a layer in the bottom of a baking dish. Sprinkle with the salt and dot with one-half of the butter. Then add a layer of grated cheese and the buttered crumbs. Ramekins may be used.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	127	393	122	642
Calories in a serving (3 oz.) . . .	28	86	27	141

RITZI TOMATOES

Slice bread in usual manner, shape with three-inch biscuit cutter and toast. Slice ripe tomatoes, place a slice on toast, sprinkle with salt, grated cheese or cottage cheese and onion, and finely chopped pepper. Bake in hot oven until tomatoes are cooked and slightly browned. Top with sprig of parsley or watercress.

If canned tomatoes are used they should be well drained and kept as whole as possible. Place on toast and season with salt, grated cheese and finely chopped pepper and onion. Bake until slightly brown.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (2 oz.) . . .	17	3	26	46

BOILED GREEN PEAS

1 pint peas

1- teaspoon salt

1 tablespoon butter

Secure peas as fresh from the garden as possible. Leave in pods until a short time before cooking. After removing from the pods, let stand in cold water a few moments, and put to cook in boiling water. Let cook until tender, which will require from twenty minutes to one hour, according to the age and freshness of the peas. Add salt about fifteen minutes before removing from the fire. (If the peas are not absolutely fresh, add one tablespoon of sugar.) Let almost all of the liquid evaporate. Add butter, allowing one tablespoon to each pint of peas.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	96	124	259	479
Calories in a serving (3 oz.) . . .	19	24	52	95

GREEN PEAS ENGLISH STYLE

Add a sprig of mint to green peas and proceed as for Boiled Peas.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	96	124	259	479
Calories in a serving (3 oz.) . . .	19	24	52	95

CREAMED PEAS

1 pint peas 1/2 teaspoon salt
 3/4 cup White Sauce

Prepare the same as for Boiled Green Peas, using the White Sauce instead of butter. Canned peas may be drained, rinsed and used in the same way.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	120	171	279	570
Calories in a serving (3 oz.) . . .	20	28	46	94

BAKED PEAS

1 can peas 1/2 cup tomatoes
 1/2 cup chopped peppers 2 tablespoons onions,
 1/2 tablespoon brown chopped
 sugar 1/4 cup toasted crumbs
 1/8 cup cream 1/8 cup milk
 2/3 tablespoon butter Salt

Mix peas, tomatoes, peppers and onion lightly. Dissolve sugar in milk and cream. Mix with the vegetables and put in a buttered baking dish, sprinkle with crumbs—dot with butter and bake.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	98	149	400	647
Calories in a serving (3 oz.) . . .	15	22	60	97

NEW PEAS AND POTATOES

1 pint shelled peas	2 tablespoons butter
1 pint new potatoes	2 tablespoons flour
1 1/2 cups milk	1 teaspoon salt

Cook the shelled peas the same as for Boiled Green Peas. Scrape the new potatoes and put to cook in sufficient boiling, salted water to cover. When tender, drain and dry by shaking gently over the flame and add the peas. Prepare White Sauce of the milk, butter, flour and salt, and pour over the peas and potatoes. Let cook fifteen to twenty minutes before serving.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	198	386	762	1346
Calories in a serving (3 1/2 oz.) .	15	29	58	102

RICE WITH PEAS

1 cup boiled rice	2 teaspoons flour
1/4 cup canned peas	4 teaspoons melted butter
1/2 cup liquid from peas	

Put half the boiled rice in the bottom of a baking dish, then a layer of the peas, then the remainder of the rice. Rub the butter and flour together; heat the liquid and pour into them; let boil five minutes. Then pour over the rice and peas and bake ten minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	45	441	299	785
Calories in a serving (2 1/4 oz.) .	6	62	42	110

PEAS AND CELERY

1 pint cooked or canned peas	2 tablespoons butter
	2 tablespoons flour
3 cups raw cut celery	1 cup water
	1 teaspoon salt

Put the celery to cook in sufficient boiling water to cover. Let cook until tender, which will require about forty-five minutes. Drain off the liquid, retaining one cup. Rub the flour and butter together, adding, a little at a time, the retained one cup of water in which the celery was cooked. Boil five minutes. Add the cooked celery and the peas, and cook twenty minutes longer.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	119	236	324	679
Calories in a serving (3½ oz.).	11	22	31	64

BOILED ASPARAGUS

1 bunch asparagus ½ teaspoon salt
2 tablespoons butter

Cut off the tough portion of the asparagus stalk, remove the scales and wash very thoroughly. Tie into a bunch with a white tape wide enough that it will not cut the asparagus. Stand this in a kettle of boiling, salted water, and let cook uncovered for ten minutes, allowing the tips to remain out of the water. Then lay the bunch down so that it is wholly covered with water and cook another five minutes. Remove from the water, untie and serve with a dressing of melted butter. If desired the asparagus may be served on toast.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	14	220	25	259
Calories in a serving (3 oz.) . . .	6	94	11	111

ASPARAGUS IN CREAM

1 quart asparagus 2 tablespoons butter
⅓ cup cream ½ teaspoon salt
 ⅔ cup milk

Wash the asparagus, remove the scales, and cut into half-inch pieces. Cook in sufficient boiling, salted water to

almost cover. Cook ten to twelve minutes, drain off the liquid and pour over the asparagus some hot milk and cream in the proportion of one-third cream and two-thirds milk, also add butter for seasoning.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	55	513	94	662
Calories in a serving (3 oz.) . . .	6	62	11	79

ASPARAGUS IN CROUSTADES

Prepare croustades by cutting stale bread into two and one-half inch cubes. Remove a two inch cube from the side, forming a square receptacle. Toast in oven until nicely browned. Place a few asparagus tips in each of the croustades and fill with Cream Sauce or Cream Tomato Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (4½ oz.) .	23	32	105	160

ASPARAGUS HOLLANDAISE

Prepare and cook the asparagus in same manner as Boiled Asparagus. Remove from the water and serve with Hollandaise sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (3 oz.) . . .	8	126	7	141

ASPARAGUS WITH GREEN PEAS

1 pint cut asparagus	1 teaspoon sugar
½ pint green peas	1 tablespoon butter
1 teaspoon salt	¼ cup cream

Select peas as fresh and tender as possible, as peas lose their sweetness very rapidly after being gathered. Put to cook in sufficient boiling, salted water to cover. The asparagus should be crisp and tender. If somewhat wilted,

throw into cold water for a half-hour or so. Remove the scales and wash thoroughly by dashing up and down in several waters to make sure that all sand is removed. Cut into half-inch lengths, and put to cook in boiling, salted water to cover. When both are tender mix the vegetables and add the butter and cream for seasoning.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	67	213	208	488
Calories in a serving (3 oz.) . . .	9	30	30	69

BOILED ONIONS

1 quart onions

2 tablespoons flour

2 tablespoons butter

$\frac{1}{2}$ teaspoon salt

Peel the onions under cold water and put to cook in boiling, salted water. Boil five minutes, drain, and again cover with boiling, salted water. Cook uncovered until tender, taking care not to boil so rapidly that the onions are broken. Drain, and reserve one and one-third cups of the water with which to make the dressing. Rub the butter and flour together and stir into it the warm liquid. Add additional salt, if desired. Turn this dressing over the onions and reheat a few moments.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	44	234	269	547
Calories in a serving (2 $\frac{1}{2}$ oz.) .	3	18	21	42

YOUNG ONIONS IN CREAM

1 quart onions

$\frac{1}{3}$ cup cream

$\frac{2}{3}$ cup milk

2 tablespoons butter

$\frac{1}{2}$ teaspoon salt

Cut off the tops of tender, young onions, leaving about one inch of the green. Remove the outer skin and cut off

the root end. Cut into half-inch lengths and prepare and serve the same as Asparagus in Cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	65	424	269	758
Calories in a serving (3 oz.) . . .	6	44	28	78

STEWED ONIONS

1 quart onions	$\frac{3}{4}$ cup milk
$\frac{1}{4}$ teaspoon salt	2 tablespoons butter

Peel the onions under cold water. Cook in boiling, salted water, changing the water at the end of five minutes and again at the end of ten minutes to remove the strong flavor. Cook uncovered until tender. Drain, add milk and butter, and cook fifteen minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	60	306	260	626
Calories in a serving ($2\frac{1}{2}$ oz.) .	6	35	29	70

BAKED ONIONS

6 medium-sized onions	1 teaspoon salt
1 tablespoon butter	

Peel the onions and put to cook in boiling, salted water. Boil five minutes, drain and cover again with boiling, salted water. Cook uncovered until tender, taking care not to boil so rapidly that the onions are broken. Drain, place on a buttered pan and brush with the melted butter. Bake in a hot oven until nicely browned.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	36	124	226	386
Calories in a serving (3 oz.) . . .	5	19	35	59

ONIONS AND EGGS IN WHITE SAUCE

4 large Bermuda onions	3 tablespoons flour
1 pint milk	4 hard boiled eggs
2 tablespoons butter	$\frac{1}{2}$ teaspoon salt

Cook the onions, uncovered, in boiling, salted water until tender. When done, drain off the liquid and cut the onions into fourths; cut the eggs also into fourths, lengthwise of the egg. Make a White Sauce of the milk, butter, salt and flour. Arrange the onions and the eggs in a dish and pour the White Sauce over them.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	205	595	425	1225
Calories in a serving ($3\frac{1}{2}$ oz.) .	15	44	32	91

CREAMED EGGPLANT

1 quart diced eggplant	2 tablespoons butter
1 pint water	2 tablespoons flour
1 cup milk	1 teaspoon salt
$\frac{1}{4}$ teaspoon celery salt	

Peel the eggplant and cut into three-fourth inch cubes. Put to cook in boiling, salted water. When tender drain off the liquid. Make a White Sauce of the milk, flour, butter, celery salt and one-half of the salt. Mix the egg plant with the White Sauce and let cook a few minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	68	334	228	630
Calories in a serving ($3\frac{1}{2}$ oz.) .	7	35	24	66

BREADED EGGPLANT

1 medium-sized eggplant

1 egg

 $\frac{1}{2}$ cup bread crumbs

Peel eggplant and cut into slices crosswise about $\frac{3}{4}$ inch thick. Soak $\frac{1}{2}$ hour or more in cold water to which one tablespoon of salt to each quart of water has been added. Drain, roll in egg which has been slightly beaten, roll in crumbs and bake in moderate oven in well greased dripping pan.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	67	69	220	356
Calories in a serving (3 oz.) . . .	13	13	43	69

ARMENIAN SCALLOPED EGGPLANT

1 large eggplant

Chopped parsley

 $\frac{1}{2}$ cup sliced or chopped
onion $1\frac{1}{2}$ to 2 cups cooked
tomatoes $\frac{1}{4}$ teaspoon powdered
cloves2 tablespoons butter or oil
Salt

1 cup bread crumbs

Cut eggplant into slices $\frac{1}{2}$ to 1 inch thick. Peel and put into a large quantity of cold water with a handful of salt. Soak one hour, then cook in boiling salted water about one-half hour, or until tender. Drain. Prepare the buttered crumbs. Mix onion, cloves, salt, and the crumbs. Sprinkle mixture in the bottom of baking dish and between layers and on top of eggplant. Turn the tomato over all, sprinkle with parsley and cover with remainder of crumbs. Cover and bake $1\frac{1}{2}$ to 2 hours. Brown on top grate of oven.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	73	287	367	727
Calories in a serving (3 oz.) . . .	10	41	52	103

STUFFED EGGPLANT

1 medium-sized eggplant	1 egg
1 cup bread crumbs	$\frac{1}{2}$ teaspoon salt
1 tablespoon butter	2 tablespoons water
$\frac{1}{2}$ small onion	

Select a firm unspotted eggplant. Boil in salted water fifteen minutes, turning frequently to insure even cooking. Remove the top and the pulp, leaving about one-third of an inch thickness next to the skin. Put into a sauce pan one tablespoon butter, one-half teaspoon salt, one-half of a small onion thinly sliced. Cook until nicely browned, then add one cup of stale bread crumbs, and mix with the butter and onions. Chop the pulp of the eggplant and add the buttered crumbs. Add one to two tablespoons of water and one beaten egg. Refill the eggplant, set in the oven and bake thirty to forty-five minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	75	174	261	510
Calories in a serving (3 oz.) . . .	8	19	31	58

BAKED EGGPLANT

1 quart diced eggplant	2 tablespoons butter
1 cup milk	2 cups bread crumbs
1 egg	$\frac{1}{2}$ teaspoon salt

Peel the eggplant and cut into three-fourth inch cubes. Put to soak in cold water, to which one tablespoon of salt to one quart of water has been added. Let soak one-half hour or more to remove the strong flavor. Drain, and put to cook in boiling, salted water. When tender, drain, then add the beaten egg slowly, the salt and milk, and pour over the eggplant. Melt the butter and stir in the crumbs. Add the

spoonful of flour, to prevent discoloration. Slice, and cook in boiling, salted water. Cook until tender, or about one hour. Drain, and add the butter.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	17	302	76	395
Calories in a serving (2½ oz.) .	1	31	7	39

VEGETABLE OYSTER FRITTERS (SALSIFY)

2 cups mashed vegetable
oysters

2 tablespoons butter
1 teaspoon salt

1 egg

Wash and scrape the vegetable oysters, and cook in boiling water, slightly acidified with lemon juice to prevent its turning dark. When tender, drain, mash and season with the butter and salt. Beat the egg slightly and add three-fourths of it to the vegetable oysters. Form into patties and place in a shallow pan. To the remainder of the egg add half a tablespoon of milk, and with this brush the patties and bake until a delicate brown. Garnish with parsley or lettuce ribbons.

Carbo-

parsley or lettuce ribbons.	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	32	301	37	370
Calories in a serving (1½ oz.).	3	32	4	39

SCALLOPED VEGETABLE OYSTERS (SALSIFY)

1 quart sliced vegetable oysters
2 cups Sauce for Vegetables
2 tablespoons butter
2 cups bread crumbs

To prepare the vegetable oysters, scrape and throw into water into which a little flour has been stirred to prevent discoloration; put to cook in boiling, salted water and boil until tender, which will require an hour or more. Drain.

Make Sauce for Vegetables. Melt the butter and stir in the crumbs. Arrange the vegetable oysters and buttered bread crumbs in layers, reserving a portion of the bread crumbs for the top. Pour the sauce over the vegetable oysters and crumbs, and finish with a layer of crumbs. Bake in a moderate oven fifteen to twenty minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	88	654	378	1120
Calories in a serving (3 oz.) . . .	9	65	38	112

SCALLOPED DASHEENS

4 medium-sized dasheens	1 tablespoon flour
1 cup milk	1 tablespoon cracker
1½ tablespoons butter	crumbs
1 teaspoon salt	

Wash and scrub the dasheens, boil and slice. Butter a baking dish and put in a layer of sliced dasheens, sprinkle with salt and flour and dot with butter. Add another layer of dasheens and the other ingredients, finishing with the flour and butter. Pour on the milk, sprinkle cracker crumbs or toasted bread crumbs on the top, and bake in a moderate oven about one-half hour.

Dasheens are now being grown quite extensively in the Southern States.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	151	265	1251	1667
Calories in a serving (4¼ oz.) .	26	47	221	294

BUTTERED BEETS

1 quart sliced beets	2 tablespoons butter
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Wash and cook the beets until tender, which will require from one to four hours, according to age. Drain and turn

into cold water. Remove the skins, slice, sprinkle with one teaspoon of salt, and pour the melted butter over them. If cool, reheat.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	58	226	353	637
Calories in a serving (2 oz.) . . .	3	14	21	38

ITALIAN BEETS

$\frac{1}{2}$ cup butter	$\frac{2}{3}$ cup lemon juice
$1\frac{1}{2}$ teaspoons salt	3 cups hot water
$\frac{1}{2}$ dozen medium-sized beets	$\frac{1}{3}$ cup flour
	$1\frac{1}{2}$ teaspoons salt

Wash the beets and put into boiling water. Cook from one to four hours, or until the skins will loosen from the beet. Then put into cold water and remove the skin. Cut the beets lengthwise through the center into about eight pieces. Make a sauce of the remainder of the ingredients.

Mix the flour and three-fourths of the butter; stir in the hot water slowly; let cook five minutes and then add the salt, the remaining butter and the lemon juice. Turn the beets into this sauce, thoroughly reheat and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	77	882	462	1421
Calories in a serving (3 oz.) . . .	3	44	23	70

OKRA AND TOMATOES

1 quart okra	1 tablespoon butter
6 large tomatoes or	1 teaspoon salt
1 pint can tomatoes	$\frac{1}{2}$ small onion

Wash and remove the stem ends of the okra pods, cut into thin slices. Peel the tomatoes and press out the seeds.

Cut into small pieces, add the sliced onion, salt and sufficient water to almost cover. Cook thirty minutes. Add the butter.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	90	133	206	429
Calories in a serving (5 oz.) . . .	15	22	34	71

BAKED OKRA

2 cups sliced okra	1 cup crumbs
1 egg	1 cup cream
2 tablespoons butter	Salt

Put the okra to soak in cold water to which one tablespoon of salt for every quart of water has been added. Let soak one-half hour or more. Drain and put to cook in steamer. Drain and add the beaten eggs, salt, cream and buttered crumbs and bake in an oiled pan in a moderate oven until set. If fresh okra is not in season the canned may be used.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	96	660	303	1059
Calories in a serving (3 oz.) . . .	11	79	36	126

OKRA LOAF

1 cup sliced cooked okra	1 tablespoon Savita
1 cup canned tomatoes	2 eggs
1 cup cottage cheese	1 tablespoon onion juice
1 tablespoon butter	Salt

Drain all vegetables well. Have cheese as dry as possible. Beat the egg slightly, add the cottage cheese, the grated onion and the vegetables. Dissolve Savita in a very small

amount of tomato juice and the butter and pour into other mixture. Bake two and one-half hours.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	260	238	120	618
Calories in a serving (3 oz.) . . .	32	30	15	77

STUFFED CUCUMBERS

4 large cucumbers	2 cups boiled or steamed rice
1 tomato	1 teaspoon salt
1 tablespoon chopped onion	2 tablespoons melted butter

Peel the cucumbers and cut into halves. Peel the tomato and cut into small pieces. Mix with the chopped onion, add the cooked rice, salt and butter. Fill the half cucumbers with the mixture and bake, covered in a hot oven, until they are tender, or about forty-five minutes. Remove the cover for the last part of the baking.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	78	238	556	872
Calories in a serving (3½ oz.) .	6	20	46	72

MASHED SUMMER SQUASH

1 pint cooked squash	2 tablespoons butter
	½ teaspoon salt

Select squashes of about equal size. If quite mature, quarter and remove seeds. If quite young, they may be cooked whole. Steam or cook in a very small quantity of water, allowing as much of the water as possible to evaporate at the last of the cooking. Unless the squash is quite dry, drain the liquid from it. Mash, and season with the butter and salt.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	17	218	70	305
Calories in a serving (3½ oz.) .	3	45	14	62

BAKED SQUASH—ENGLISH STYLE

Wash squash and dry. Cut into pieces suitable for individual servings. Scrape the inner part to remove seeds and spread with mixture:

1 cup flour

 $\frac{1}{4}$ cup butter

Melt butter and blend with flour until a smooth paste is obtained. After this is spread on squash, bake in a slow oven until it is done.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (6 oz.) . . .	15	79	97	191

SAVORY CELERY ON TOAST

1 $\frac{1}{2}$ tablespoons butter

1 cup Savita broth

1 $\frac{1}{2}$ tablespoons flour

1 cup diced celery

Cook celery in Savita broth and drain. Make a sauce of the liquor, butter and flour. Mix with celery and serve on one slice of toast.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	62	185	353	600
Calories in a serving (3 $\frac{1}{2}$ oz.) .	13	37	70	120

STUFFED PEPPERS

4 large green sweet
peppers6 tablespoons buttered
bread crumbs $\frac{1}{2}$ tablespoon chopped
onion

2 tablespoons flour

 $\frac{1}{2}$ - $\frac{2}{3}$ cup dry bread
crumbs $\frac{1}{2}$ cup canned corn

1 egg

 $\frac{1}{2}$ cup milk

Select rather large green peppers, and parboil them ten minutes in 1 quart of water; drain, cut in halves lengthwise, remove the seeds, stuff and arrange in pan. Cover with tablespoon buttered crumbs to each half pepper. Bake

until brown. The stuffing is made as follows: prepare a White Sauce using the milk, flour and butter, adding salt and chopped onion and $\frac{1}{2}$ tablespoon of chopped green pepper. Add the canned corn and cook five minutes. Then add the egg slightly beaten, and about $\frac{2}{3}$ cup of dry bread crumbs, or sufficient to take up excess moisture.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	83	299	440	822
Calories in a serving (4 oz.) . . .	20	75	110	205

SALADS AND RELISHES

SALADS are valuable because they introduce into the dietary fresh or raw material in an attractive form. Some raw food, such as fruits and tender vegetables, should form a part of each day's dietary.

A salad is usually named from the materials forming the body, such as Potato Salad or Fruit Salad. By varying the combinations of fruits, nuts, eggs, vegetables, etc., and by dressings, a great variety may be had.

The dressings may be varied by seasoning—celery salt, onion salt, sugar, or by the addition of plain or whipped cream.

Celery, lettuce and other vegetables should be as crisp as possible. To insure crispness, place in cold water a half-hour or more before using. Drain, and dry with clean towels, otherwise the water on the vegetable dilutes the dressing.

It is important that all utensils, as well as ingredients, should be chilled before preparing the salad; likewise, the salad plates should be chilled. The ingredients should be mixed just prior to serving, except in the case of a potato salad, where it is important that the seasoning from the dressing should permeate the food.

Much attention should be given to the appearance of a salad. It should appeal through the sense of sight as well as through the taste. Garnishes should be carefully selected. They should always be fresh in appearance. They may consist of lettuce leaves (the outer leaves may be used for garnishing, reserving the inner portion to be served as the integral part of the salad); leaves of various kinds, such as

nasturtium and mint—pimiento cut into strips or other shape; cherries and other small fruits, radishes, slices of cucumber, chives and other vegetables. It is well to consider the harmony of colors in the making of salads.

FRUIT SALAD

1 cup diced bananas 1 cup diced oranges
 1 cup diced apples ¼ cup stoned cherries
 1 cup Golden Dressing

Peel, slice, and, with a sharp knife, cut the various fruits into half-inch cubes. Cherries either ripe or canned may be used. Mix the fruits with the Golden Dressing and serve upon a salad plate with a lettuce leaf.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	41	59	731	831
Calories in a serving (2¼ oz.) .	3	5	61	69

WALDORF SALAD

1 cup diced apples ½ cup cut celery
 ¼ cup walnut meats 1 cup Boiled Dressing
 ½ tablespoon sugar

Peel and dice apples sufficient to make the quantity desired, and marinate at once with a little lemon juice to prevent discoloration. Clean the celery, cut it into small pieces and add to the apples. Add the broken or coarsely chopped English walnut meats.

To make the dressing use half the recipe for Boiled Dressing, and add to it one-half tablespoon of sugar. Mix this with the other ingredients, and serve upon garnished individual salad plates with a half walnut meat on top of

each serving. If desired, Cream Mayonnaise Dressing may be used instead of the Boiled Dressing.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	63	418	219	700
Calories in a serving (2¼ oz.) .	8	55	29	92

SLICED BANANAS WITH CHERRY SAUCE

Slice the desired number of bananas, using one-half banana for each serving. Add a tablespoon of Cherry Sauce, made by the recipe for Raspberry Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (2¼ oz.) .	2	3	55	60

PINEAPPLE AND NUT SALAD

1 quart can sliced pine- apple	6 tablespoons lemon juice
2 eggs	2 tablespoons water
4 tablespoons butter	¼ teaspoon salt
2 tablespoons sugar	½ cup chopped nuts
	¾ cup whipping cream

Drain the pineapple and arrange the slices on individual salad plates, garnished with lettuce. Beat the eggs slightly. Select rather large eggs or decrease the amount of water. Turn into a double boiler, add lemon juice, water, sugar, salt, and the butter. Cook until the mixture begins to thicken, stirring constantly. Remove from the heat and cool at once. Should the dressing curdle, place in a pan of cold water and beat vigorously with an egg beater.

Beat the cup of whipping cream to a stiff froth. This should make a cup and a half when whipped. Fold the whipped cream and one-half of the chopped nuts into the egg mixture, reserving the larger pieces of the nuts for the

top of the salad. Place a heaping tablespoon of dressing on each slice of pineapple. Sprinkle over each serving a teaspoonful of the chopped nuts.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	111	1180	1483	2774
Calories in a serving (4½ oz.) .	10	108	136	254

APPLE, CHEESE AND NUT SALAD

4 medium-sized apples	½ cup broken walnut
½ pound Yogurt or	meats
Neufchatel Cheese	1 cup Mayonnaise Dressing

Peel and dice the apples and marinate them with the juice of two lemons to prevent discoloration. Cut the cheese in half-inch cubes and add to the apples. Add enough of Mayonnaise Dressing to blend the ingredients, and serve on garnished salad plates. On top of each serving scatter some broken walnut meats.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	225	2455	283	2963
Calories in a serving (1½ oz.) .	11	123	14	148

FILBERT AND CHERRY SALAD

1 cup shelled filberts	1 pint California cherries
½ cup Cream Salad Dressing	

Remove the rough exterior of the shelled filberts with a sharp paring knife. Use firm California cherries (white or black). Remove the stones and fill the cherry with a shelled filbert. Put six or eight of these on a lettuce leaf and serve with a spoonful of the dressing.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	106	798	493	1397
Calories in a serving (2 oz.) . .	9	69	43	121

GRAPEFRUIT AND CELERY SALAD

1 cup diced celery 1 cup diced grapefruit
 $\frac{1}{2}$ cup Cream Mayonnaise Dressing

Cut the grapefruit into halves and, with a sharp knife, cut a circle through the flesh near the edge of the skin. Remove the flesh by scooping out carefully with a spoon, and cut into cubes or small bits. Put to drain while preparing the celery.

Wash, brush, and scrape the celery and put into cold water for an hour or more. Drain, dry with clean towels and cut into small pieces. Mix the celery and the grapefruit with the Cream Mayonnaise Dressing. Serve in the shells of the grapefruit, prepared by removing the skin on the inside and cutting notches in the edge with a pair of shears. Serve on a lettuce leaf.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	24	150	146	320
Calories in a serving (2 oz.) . . .	3	19	18	40

APPLE AND DATE SALAD

2 cups diced apples 1 cup cut dates
 $\frac{3}{4}$ cup Golden Dressing

Peel the apples and cut into as nearly one-half-inch cubes as possible. Marinate with the juice of a lemon to prevent discoloration. Put the dates into cold water; remove the stones and cut each date into about four pieces; wash by pouring boiling water over them. When thoroughly chilled, mix the apples and dates and stir in the Golden Dressing. Cream Mayonnaise Dressing may be used. Garnish with lettuce or nasturtium leaves.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	37	88	1007	1132
Calories in a serving ($2\frac{1}{4}$ oz.) .	4	8	94	106

APPLE, DATE AND ORANGE SALAD

1 quart diced apples	1/2 cup diced oranges
1/2 cup chopped English walnuts	1 cup chopped dates
	1 cup Golden Dressing

Dice the apples and marinate with the juice of a lemon to prevent discoloration. Immerse the dates in cold water, remove the seeds and cut each into four pieces. Wash in hot water and dry upon clean towels. Chop the nuts coarsely. Peel the oranges, slice, and cut into one-half inch cubes. Mix the apples, dates, oranges and nuts with the Golden Dressing. Serve with any preferred garnish.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	83	419	1129	1631
Calories in a serving (2 1/4 oz.) .	4	22	60	86

PINEAPPLE AND STRAWBERRY SALAD

2 cups diced pineapple	1 cup strawberries
3/4 cup Golden Salad Dressing	

Use fresh pineapple. Cut into small pieces and mix with the Golden Dressing. Just before serving cut the strawberries into halves and add to the salad.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	23	50	643	716
Calories in a serving (2 oz.) . . .	2	4	49	55

FRUIT SALAD A LA CREME

2 large bananas	1 pound Tokay or Malaga
1 pint sliced pineapple	grapes
1 cup Cream Salad Dressing	

Drain the pineapple and cut into small pieces. Peel the grapes, cut into halves and remove the seeds. Peel the

bananas, scrape off the fuzzy portions, and dice. Mix with the Cream Salad Dressing and serve on a plate garnished with lettuce, or place a spoonful of fruit on the lettuce leaf with a smaller spoonful of the dressing.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	59	350	1250	1659
Calories in a serving (3¾ oz.).	4	29	104	137

APPLE AND CELERY SALAD

2 cups diced apples 2 cups cut celery
1 cup Golden Salad Dressing

Peel the apples and cut into half-inch cubes. Marinate with a tablespoon of lemon juice, mixing well to prevent discoloration. Cut the celery quite fine and mix with the apples. Mix with the Golden Salad Dressing and serve with a garnish of lettuce. Cream Mayonnaise may be used, if preferred.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	39	56	597	692
Calories in a serving (2¼ oz.).	3	4	45	52

BANANA AND WALNUT SALAD

3 bananas 2 tablespoons Boiled
2 tablespoons chopped Dressing
English walnuts 1 scant tablespoon cream
½ teaspoon sugar

Mix the Boiled Dressing with the cream and sugar. Peel and cut the bananas into halves lengthwise. Place one-half of a banana on a lettuce leaf and pour a generous spoonful

of the dressing over it. Sprinkle each serving with a teaspoon of the chopped English walnuts.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	30	151	272	453
Calories in a serving (1½ oz.) .	3	19	34	56

FROZEN SALAD

½ cup chopped, canned pineapple	½ cup chopped pears
½ cup chopped white cherries	1 cup of juice from the above fruit
½ cup chopped, canned peaches	1 orange
	3 sections of grapefruit
	1 cup whipped cream
1 cup Mayonnaise	

Mix the chopped pineapple, cherries, peaches and pears. Peel and cut fine one orange. Remove all the membrane from three sections of grapefruit, chop and add to the other fruits. Add the whipped cream and the fruit juice to the mayonnaise, and add to the fruit. Freeze like ice cream. Serve on garnished plates.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	44	1709	702	2455
Calories in a serving (3 oz.) . . .	3	120	49	172

CRANBERRY JELLY SALAD

4 cups cranberries	¼ cup olives
1 cup water	2 cups brown sugar
¼ cup nut meats	¼ cup chopped celery

Wash cranberries, add the water and cook until tender. Put through a sieve, add the sugar to pulp and boil until mixture jells when a small portion is poured on to a cold saucer (about five minutes boiling). Pour into individual

cold wet molds. When set and ready to serve, turn out on a lettuce leaf. Put a spoonful of mixed olives, celery and nuts beside the jelly and a spoonful of mayonnaise on the top.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	32	665	1435	2132
Calories in a serving (5 oz.) . . .	5	95	207	307

BUTTERFLY SALAD

For each serving desired prepare:

- 1 slice pineapple 1 tablespoon mayonnaise
- 1 stoned date 1 Maraschino cherry
- 2 slices candied orange peel

Cut the slice of pineapple in two and place the curved sides almost together on the lettuce, place the mayonnaise underneath and between the pieces of pineapple. Place the stoned date in space between pineapple and on top of the mayonnaise to form the body of butterfly. Cut the cherry into bits and use for spots on the wings (pineapple slices) and make feelers of the orange peel.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (3¾ oz.) .	3	103	160	266

PINEAPPLE AND LETTUCE SALAD

Allow three medium lettuce leaves, from outer portion of head lettuce, to each serving. Arrange the curved leaves to form a cup. Place a large spoonful of fresh shredded pineapple or canned, if more convenient, in the center of the cup formed. Top the pineapple with mayonnaise and garnish with a cherry or strawberry.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (4½ oz.) .	5	100	29	134

PEACH SALAD

$\frac{1}{4}$ cup finely diced apples $\frac{1}{4}$ cup diced canned peaches
 $\frac{1}{4}$ cup diced celery $\frac{1}{4}$ cup mayonnaise
 $\frac{1}{8}$ cup chopped English walnuts

Allow one large half of peach to each serving. Remove a small slice from round side of each peach so that it will be flat on the garnish. Dice the peach slices that are removed to make the $\frac{1}{4}$ cup. Pare and cut apple in small dices. Wash, scrape and cut celery into fine pieces. Grind nut meats. Mix apple, diced peach, celery and mayonnaise just before serving. Fill the peach cups with above mixture. Sprinkle with nuts.

	Protein	Fat	Carbo- hydrate	Total
Calories in filling	16	452	59	527
Calories in a serving ($3\frac{1}{2}$ oz.) .	4	68	39	111

APRICOT SALAD

3 halves of apricot 1 tablespoon mayonnaise
 3 small slices of banana 1 teaspoon chopped nuts

Arrange the apricot halves with hollow side down and edges just touching. Place the slices of banana where apricot edges meet. Put a spoonful of mayonnaise in center and sprinkle chopped nuts on top.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (4 oz.) . . .	6	117	73	196

QUEEN SALAD

1 slice pineapple 2 tablespoons cream mayonnaise
 1 slice orange $\frac{1}{2}$ English walnut

Place the slice of pineapple on a garnished plate, a slice of orange (which has been peeled and cut crosswise into

slices) on pineapple. Top with two tablespoons of cream mayonnaise and $\frac{1}{2}$ walnut meat.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (5 oz.) . . .	9	100	129	238

MILADY SALAD

1 cup diced pineapple 1 cup diced grapefruit
 1 cup diced apples 1 cup diced orange
 $\frac{3}{4}$ cup French Dressing

Peel and dice apples into as nearly one half inch cubes as possible—marinate with juice of lemon to prevent discoloration. Drain pineapple and dice. Peel the grapefruit and oranges and dice. Mix fruits together, being careful not to mash or crush them. Serve on a lettuce leaf and to each serving add about one tablespoon of French dressing.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	18	1042	609	1669
Calories in a serving (4 oz.) . . .	2	126	74	202

PRUNE AND LEMON JELLY SALAD

4 prunes—steamed and 1 cherry
 seeds removed 1 $\frac{1}{2}$ oz. lemon jelly
 4 almonds cubes
 Large spoonful cream mayonnaise

Prepare lemon jelly as described on page 311. Pour into a shallow pan about one inch deep and let stand until firm. Steam prunes or allow to soak several hours or a shorter time in hot water. Do not stew them. Remove seed and fill with blanched almond meats. Cut lemon jelly into inch cubes and arrange a few of the cubes and stuffed prunes

on a garnished plate. Drop a large spoonful of cream mayonnaise on the top and brighten with a cherry.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving ($4\frac{1}{4}$ oz.) .	12	101	121	234

STUFFED PRUNE SALAD

2½ oz. Yogurt Cheese	1 tablespoon coarsely
2 tablespoons mayonnaise	chopped walnuts
15 large or 20 small prunes	2 tablespoons whipped cream

Steam prunes or soak in warm water until the fruit pulp is softened. Dry on a clean towel. Remove the seeds and fill with following mixture:

Cream the cheese with mayonnaise until it is soft and will spread easily. The amount of mayonnaise and whipped cream used should be varied according to dryness of the cheese used. Beat in the whipped cream. Add the coarsely chopped walnut meats. Fill the seed cavities in the prunes and serve three or four to a serving on garnished plates. If Yogurt Cheese is not obtainable, use Cottage or Cream Cheese.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	73	448	139	660
Calories in a serving (2 oz.) . . .	13	81	25	119

FRUIT AND CHEESE SALAD

2 cups Yogurt Cheese (grated)	12 dates 6 figs
6 tablespoons chopped almonds	6 tablespoons mayonnaise

For the individual serving use:

1 fig	$\frac{1}{3}$ cup grated Yogurt
2 dates	cheese
1 tablespoon chopped blanched almonds	1 tablespoon May- onnaise

Wash and dry the figs and dates. Remove the stones from the dates. Chop the fruit. Arrange the grated Yogurt cheese on lettuce leaf and on top of this place the chopped almonds. Then arrange the chopped fruit, with the mayonnaise on top. If preferred, cream cheese may be used in place of the Yogurt cheese.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	264	1272	636	2172
Calories in a serving ($3\frac{1}{4}$ oz.) .	44	212	106	362

GRAPE SALAD

1 lb. Malaga grapes	$1\frac{1}{4}$ cups cream salad
$\frac{1}{4}$ cup English walnuts	dressing

Wash and dry one bunch of Malaga grapes, pull off the stems, halve, removing seeds. Mix with the cream salad dressing and serve upon individual salad plates, garnished with lettuce. Sprinkle with the chopped English walnuts. This should make ten servings.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	72	672	445	1189
Calories in a serving ($3\frac{1}{2}$ oz.) .	7	65	43	115

ORANGE SALAD

3 slices of orange cut crosswise	1 tablespoon Mayonnaise Dressing
-------------------------------------	-------------------------------------

Peel an orange deeply enough to remove all the white portion. Arrange the three slices on a garnished salad

plate and serve with the Mayonnaise Dressing. This makes one serving. A tablespoon of shredded cocoanut may be sprinkled over the mayonnaise if desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (2 oz.) . . .	1	12	20	33

SALAD SUPREME

- 2 cups diced Hawaiian
pineapple
- 1/3 cup mayonnaise
1 cup diced cucumber

Keep the diced cucumber in ice water, or in the refrigerator, until needed. Mix with the diced pineapple and serve on a lettuce leaf with mayonnaise; using one tablespoon mayonnaise to each serving, of which this quantity makes six.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	16	562	356	934
Calories in a serving (2 $\frac{2}{3}$ oz.) .	3	93	59	155

BERKELEY SALAD

- | | |
|----------------------------|--------------------------|
| 1 cup diced pineapple | 1 cup pineapple juice |
| 2 cups diced oranges | 1 cup hot water |
| 1 cup diced bananas | 3 tablespoons cornstarch |
| 1 cup seeded Malaga grapes | 1/2 cup sugar |
| | 1 tablespoon lemon juice |

Mix the cornstarch and sugar and pour the hot water over it, stirring constantly. Cook directly over the fire for from five to ten minutes. Remove from the stove, add the pineapple and the lemon juice and cool. Prepare the fruit by dicing the pineapple (fresh or canned), oranges and bananas. Remove the Malaga grapes from the stems, wash thoroughly, peel and cut into halves. Remove the seeds and

add to the other fruit. Pour the dressing over the salad and serve. Garnish with grape leaves or any preferred garnish.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	28	35	1496	1559
Calories in a serving (2½ oz.) .	1	2	74	77

DATE AND WALNUT SALAD

Select firm, well-shaped dates. Immerse in cold water, remove the stones and wash in very hot water. Cool and dry between clean towels. Fill the center of each date with the half of an English walnut meat. Arrange the dates on garnished individual salad plates, allowing six dates to each serving, and pour over them a rounded tablespoon of Cream Mayonnaise or Golden Salad Dressing.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (3 oz.) . . .	24	177	187	388

COMBINATION GREEN SALAD

6 medium-sized tomatoes	6 red radishes
2 small cucumbers	½ sweet green pepper
6 tablespoons French Salad Dressing	

Place lettuce leaves on six individual salad plates. Slice the tomato, add one-third of a sliced cucumber. Slice the radishes, but do not peel. Arrange the sliced radishes over the tomato and cucumber. Chop the half of a sweet green pepper, and sprinkle one-half teaspoon of it on top of the other vegetables. Over this pour a tablespoon of the French Salad Dressing. It is particularly important that the vegetables shall be in good condition and that the cucumber and radishes shall be crisp and tender. If somewhat wilted, im-

merse them in cold water for a half hour or more before using.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	44	433	201	678
Calories in a serving (2½ oz.) .	2	23	11	36

CABBAGE SALAD

1 cup cream (preferably sour)	1 tablespoon lemon juice
1 head cabbage	1 tablespoon sugar
	1 teaspoon salt
	¼ teaspoon celery salt

Cut a small tender cabbage quite fine. Beat the cream with a rotary egg beater until smooth; gradually add lemon juice, then the seasoning. Beat thoroughly and mix with the cabbage. This dressing may be made from sweet cream by adding an additional tablespoon of lemon juice.

This salad may be served in a cabbage head prepared by removing the center and scalloping the edge. At the base of each scallop put a piece of parsley and arrange sprigs of parsley about the base of the head.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	44	387	179	610
Calories in a serving (2 oz.) . . .	4	37	17	58

CABBAGE AND NUT SALAD

1 pint finely chopped cabbage	3 tablespoons finely ground onion
1 pint finely chopped raw carrots	1 cup ground walnuts
	¾ cup mayonnaise
Salt to taste	

Remove coarse and undesirable outer leaves of the cabbage, chop very fine or grind through a coarse food chopper. Wash and scrape carrots and chop fine or put through a

coarse food chopper, also onions and walnuts. Mix ingredients lightly just before serving with mayonnaise. Serve on a salad plate with a lettuce leaf.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	97	1670	188	1955
Calories in a serving (3 oz.) . . .	12	213	24	249

STRING BEAN SALAD

2 cups beans

1 lemon

$\frac{1}{2}$ cup Salad Dressing

Select young, tender beans; remove the ends and the strings; put to cook, without breaking, in boiling, salted water. Cook until tender, which may require from one to three hours. Drain off the liquid and cool. Marinate with the juice of a lemon. Arrange the beans horizontally on a lettuce leaf on individual salad plates. Pour the French Salad Dressing over the beans. Canned string beans may be used instead of the fresh ones, if preferred.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	14	794	74	882
Calories in a serving ($1\frac{3}{4}$ oz.) .	1	87	8	96

CAULIFLOWER AND BEAN SALAD

1 cup cauliflower

$\frac{1}{2}$ cup celery

1 cup string beans

2 strips pimento

4 tablespoons French Dressing

Separate flowers of cauliflower, and cook until tender. Cut into half inch cubes. Cut cold cooked string beans into half inch pieces. Wash and cut the celery into small pieces

and mix all together with the French dressing. Arrange on lettuce leaf and garnish with pimento.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	12	402	61	475
Calories in a serving (3 oz.) . . .	3	81	12	96

PEAS AND CELERY SALAD

- 1 can peas 1 cup Boiled Dressing
1½ cups chopped celery 1 onion
 ⅓ teaspoon salt

Drain the juice from one can of peas, wash, drain again. Add to the peas the grated onion, salt, and chopped celery. Mix all with the Boiled Dressing and garnish with lettuce. Onion salt may be used instead of the fresh onion.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	147	265	345	757
Calories in a serving (3 oz.) . . .	14	26	35	75

BEET SALAD

Prepare the desired number of beets by washing carefully, and cook in boiling, salted water from one to four hours, or until the beets are perfectly tender. Remove from the hot water and take off the skins. Cut in halves the round way of the beets. For each serving place the two halves with the cut surfaces up, on a lettuce leaf. Pile Boiled Dressing between the two, and arrange sliced ripe olives over the dressing.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (4½ oz.).	9	29	50	88

TOMATO AND CAULIFLOWER SALAD

3 tomatoes	$\frac{1}{2}$ cup Mayonnaise Dressing
1 cup cauliflower	$\frac{1}{4}$ cup French Dressing

Scald and peel medium-sized ripe tomatoes. Remove the core and cut into sixths. Arrange in a circle on a lettuce leaf and put a spoonful of Mayonnaise Dressing in the center. Marinate cold, steamed or boiled floweret of cauliflower in French Dressing and place in the Mayonnaise Dressing or in the center of the tomato.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	41	1147	129	1317
Calories in a serving (5 oz.) . . .	6	185	21	212

SWISS SALAD

$\frac{1}{2}$ cup finely diced cucumbers	1 cup diced celery
$\frac{1}{2}$ cup diced tomato	$\frac{1}{4}$ cup chopped sweet pepper
6 tablespoons mayonnaise	

Secure as fresh vegetables as possible. Place in cold water for an hour or more. Pare and dice cucumbers in one-fourth inch cubes. Wash and scrape celery to remove the coarse fibre. Cut very fine. Dice the tomatoes the same as cucumber. Remove the stem end of pepper and seeds and wash thoroughly. Chop pepper very fine. Place vegetables in a strainer, salt to taste and allow them to drain until ready to use. Mix with mayonnaise and serve on garnished plates.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	20	589	54	663
Calories in a serving (3 oz.) . . .	4	118	11	133

CARROT SALAD

1 pint raw coarsely grated carrots	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup mayonnaise	2 oz. Protose or bean pulp
3 hard boiled eggs	$\frac{1}{2}$ cup toasted crumbs
2 tablespoons lemon juice	$\frac{1}{2}$ teaspoon onion juice

Wash and scrape the carrots, grate with a coarse grater. Chop the hard boiled eggs and Protose, add the crumbs; salt to taste. Add the lemon juice, mix well and add mayonnaise. Serve on garnished plates.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	162	993	229	1384
Calories in a serving ($3\frac{1}{4}$ oz.) .	24	149	34	207

COTTAGE CHEESE AND VEGETABLE SALAD

1 pound cottage cheese	1 medium-sized cucumber
$\frac{3}{4}$ cup cream	$\frac{3}{4}$ of a green pepper
1 dozen small radishes	Salt to taste

If the cottage cheese is purchased dry, mix lightly with salt and cream. If the cheese is purchased ready to serve, omit the cream. Slice radishes without paring. Pare cucumber and cut into small dices. Mix the radishes and cucumbers, combine the vegetables and cheese mixtures. Chill thoroughly and serve on crisp leaves of lettuce and garnish with pepper which has been chopped.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	529	2309	374	3212
Calories in a serving (3 oz.) . . .	48	210	34	292

PEAR AND CHEESE SALAD

For each individual serving, use—

$\frac{1}{2}$ pear, fresh or canned	1 slightly rounded tea-
1 slightly rounded table-	spoon mayonnaise
spoon cottage cheese	Strips of pimento
Lettuce	

Garnish the salad plate with lettuce and place on it the half pear with the concave portion up. Fill the seed cavity with the cottage cheese. Over this put the Mayonnaise Dressing and garnish with strips of pimento, arranged in the shape of the letter X. If preferred, the cottage cheese may be formed into a ball and set in the seed cavity.

Yogurt or cream cheese may be used.

If fresh pear is used, it should be rubbed with the cut surface of a lemon or a few drops of lemon juice sprinkled over it to prevent discoloration.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving ($3\frac{3}{4}$ oz.).	21	36	59	116

CHEESE SALAD

1 ounce Neufchatel or	1 tablespoon French
Yogurt cheese	Dressing
Lettuce	

Cut the cheese into oblong pieces three-fourths inch in length. Arrange on head lettuce and serve with the French Dressing.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving ($2\frac{1}{2}$ oz.).	22	182	10	214

CHEESE AND TOMATO SALAD

Place a heaping tablespoon of cottage cheese on a lettuce leaf with a tablespoon of mayonnaise on top. Peel a small

ripe tomato and cut into four sections. Place the sections around the cheese with the cut edges up.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving ($4\frac{1}{2}$ oz.) .	30	34	23	87

MACEDOINE SALAD

1 cup diced carrots	$\frac{1}{2}$ cup diced sweet pota- toes
$\frac{1}{2}$ cup diced potatoes	toes
1 cup cut string beans	$\frac{1}{2}$ cup diced turnips
$\frac{1}{2}$ cup French Dressing	

Cook the vegetables separately, adding salt toward the last of the cooking. When cool, cut into one-half inch cubes. Canned beans may be used if fresh ones are not obtainable. Mix the vegetables with the French Dressing and garnish the salad with lettuce leaves or finely shaved cabbage. Other vegetables, cauliflower, beets, peas, celery, etc., may be substituted, according to convenience.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	33	806	310	1149
Calories in a serving ($2\frac{1}{2}$ oz.) .	3	80	31	114

COLD SLAW

1 quart shaved cabbage	1 teaspoon salt
1 cup milk	1 tablespoon butter
1 tablespoon sugar	1 tablespoon flour
$\frac{1}{4}$ cup lemon juice	1 egg

Shave the cabbage very fine, toss into cold water for a few minutes, then drain and dry upon clean towels; let stand near the ice until ready to use. To prepare the dress-

ing, heat the milk in a double boiler, add the sugar, rub the butter and flour together; pour the hot, but not scalding, milk over the flour and butter, a little at a time, stirring constantly. Cook in a double boiler ten minutes, add the salt, and beat together until thoroughly blended. Pour the sauce gradually over the beaten egg and return to the double boiler for a few moments; add the salt and, gradually, the lemon juice. Mix the dressing with the cabbage and chill.

	Protein	Fat	Carbo- hydrate	Total
Calories in whole recipe	85	259	157	501
Calories in a serving (2½ oz.) .	5	22	13	40

TOMATO WITH BOILED DRESSING

Wash the tomatoes, remove the stem end, and peel thinly from the stem end downward, not around, then cut down through the center almost to the other side, making four divisions. Place upon a lettuce leaf on a salad plate. Sprinkle with salt and fill in the center with Boiled Dressing.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (4 oz.) . . .	10	36	30	76

SALAD IN TOMATO CUPS

6 tomatoes	1 cup diced apples
½ cup diced cucumbers	1 cup Boiled Dressing
1 cup cut celery	1 teaspoon salt

Select firm, well shaped tomatoes. Cut off the stem end and remove the pulp, leaving the skins in the form of cups. Prepare the cucumbers, celery and apples. With these vege-

tables mix the tomato pulp and add the Boiled Dressing and the salt. Fill the tomato cups with this.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	82	290	331	703
Calories in a serving (4 oz.) . . .	6	21	25	52

ASPARAGUS AND TOMATO SALAD

Shredded lettuce 4 or 5 asparagus tips
 2 slices tomato to each order 1 tablespoon mayonnaise
 $\frac{1}{2}$ teaspoon cottage cheese

Garnish salad plates with shredded lettuce. Place slices of tomato end to end, if not too large, or slightly overlapping if slices are large. Place four or five asparagus tips on slices of tomato. Drop a tablespoon of mayonnaise on asparagus and top with a bit of cottage cheese.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (5½ oz.) .	12	117	19	148

TOMATO SALAD

6 medium-sized tomatoes 6 tablespoons Boiled
 $\frac{1}{2}$ teaspoon salt Dressing

Peel the tomatoes, remove the core and cut down through the center to divide the tomato into four sections. Do not cut quite through, leaving the four sections held together at the base. Sprinkle with salt and place about a spoonful of the dressing in the center. Serve on a lettuce leaf.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	52	156	176	384
Calories in a serving (6 oz.) . . .	9	26	29	64

quarters. Decorate with occasional bits of parsley to mark the dividing line and on top place a slice of hard boiled egg.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	152	454	347	953
Calories in a serving (3¾ oz.) .	19	57	43	119

FRENCH SALAD

1 pint cold diced potatoes	1 cup chopped celery
½ cup diced cucumbers	¼ cup grated onion
½ cup diced radishes	1 cup Boiled Dressing

Cook the potatoes in boiling, salted water. When cold, cut into half-inch cubes. Peel the cucumber, cut into small cubes and throw into cold water until ready for use. Prepare the radishes in the same way. If the radishes are very tender, the peeling may be left on, which gives a bit of color to the salad. Chop the celery quite fine, remove the vegetables from the water and dry upon clean towels. Add them to the potatoes. Add the grated onion (the onion may be omitted, if preferred), and mix all the ingredients with the Boiled Dressing. Garnish with crisp, tender lettuce and red radishes, trimming the skin back from the root end in such a way as to represent a blossom.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	93	255	465	813
Calories in a serving (2 oz.) . . .	6	19	34	59

POTATO AND CELERY SALAD

1 quart diced potatoes	1 cup chopped celery
2 hard boiled eggs	1 cup Boiled Dressing

Pare the potatoes and cook in boiling, salted water until tender. When cold cut into cubes one-half to three-fourths

inch in thickness. Shell the eggs, remove the egg-yolks, cut into small pieces and add to the potatoes. The egg-whites may be utilized by putting through a sieve. Add the celery, which has been previously cleaned and cut into small pieces. Add grated onion, if desired, and mix all with sufficient Boiled Dressing to blend the ingredients.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	169	334	750	1253
Calories in a serving (2½ oz.) .	9	19	43	71

GERMAN POTATO SALAD

1 quart sliced cold potatoes ½ small onion
1 lemon ¼ cup olive oil

Slice the cold, boiled potatoes. Grate the onion over them, sprinkle with salt, and pour the olive oil over slowly, stirring lightly with a fork until each slice glistens with the oil. Then add the juice of the lemon, and stir once more. Set on ice for an hour or so before serving.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	78	518	688	1284
Calories in a serving (2½ oz.) .	4	24	32	60

BEET AND BEAN SALAD

1 cup diced boiled beets 1 cup cooked string beans
¼ cup Boiled Dressing 1 tablespoon cream
½ teaspoon grated onion

Cut the cold, boiled beets into three-fourths-inch cubes. Cut cold, cooked beans into one-half inch lengths. Add the onion juice and the cream to the Boiled Dressing. Mix the

beets and the beans with the dressing and garnish with lettuce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	33	89	133	255
Calories in a serving (4 oz.) . . .	7	21	32	60

SPINACH SALAD

For each individual serving use—

2 rounded tablespoons boiled spinach	1 tablespoon mayonnaise $\frac{1}{8}$ teaspoon salt
$\frac{1}{2}$ egg	Lettuce for garnish

Drain the spinach quite dry before measuring, then press into timbale cup and turn out upon a lettuce leaf. Press the hard boiled egg-white through a sieve and arrange as a border around the spinach. Next press the egg-yolk and arrange also above the egg-white, and on top of all place the Mayonnaise Dressing. Salt should be added in case canned spinach is used.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving ($3\frac{1}{2}$ oz.) .	16	72	12	100

CAULIFLOWER SALAD

1 head cauliflower	Lettuce
$\frac{1}{2}$ cup Boiled Dressing	

Remove the green leaves from the cauliflower and place it head down in cold water, to which has been added one tablespoon salt to one quart of water. Let soak one-half hour or more to drive out any insects that may have found their way into the flowerets. Separate into flowerets. Cook in boiling, salted water until tender. Drain, let cool and serve upon individual salad plates with a garnish of lettuce.

Arrange one or two flowerets upon the plate and serve with a spoonful of the dressing.

	Protein	Fat	Carbo- hydrate	Total
Calories in whole recipe.	47	141	108	296
Calories in a serving (3 oz.) . . .	8	23	17	48

SUMMER SALAD

1 cup diced cucumbers	$\frac{1}{4}$ cup grated onion
1 cup cut celery	1 dozen medium-sized let-
1 cup diced radishes	tuce leaves
1 cup dressing	

Select as firm, fresh vegetables as possible. If not strictly fresh, place in cold water for one-half hour or more. Peel the cucumbers and cut into one-half inch cubes. Wash and scrape the celery to free it of the coarse fibre. Cut quite fine. Wash and brush the radishes. Cut off the top and the stem end and cut into cubes without peeling—the red radishes add a bit of color to the salad. Cleanse the lettuce by washing in several waters, and shred very fine. Prepare the grated onion and mix with the other vegetables. Blend all together with the dressing and serve upon a lettuce leaf.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	60	261	267	588
Calories in a serving (2 oz.) . . .	5	26	27	58

PERFECTION SALAD

$\frac{1}{2}$ cup pimento	1 cup lemon juice
2 cups celery	$1\frac{1}{2}$ cups cold water
1 cup chopped almonds	$1\frac{1}{2}$ cups hot water
$1\frac{1}{2}$ cups sugar	1 tablespoon salt
$\frac{3}{4}$ oz. (1 box) vegetable gelatin	

Chop pimentos, celery and nuts; add sugar, lemon juice and salt. Soak vegetable gelatin in the cold water, drain and add to the boiling water. Strain and when slightly cooled add the other ingredients. Turn into a wet mold. Serve with raw mayonnaise.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	133	988	1588	2709
Calories in a serving (1 $\frac{3}{4}$ oz.) .	4	27	43	74

ROYAL SALAD

2 cups diced Nuttolene $\frac{1}{2}$ cup Boiled Dressing
3 hard boiled egg-yolks $\frac{1}{2}$ cup chopped celery

Toast the Nuttolene. Press the egg-yolks through a colander and mix with Nuttolene and celery. Blend the ingredients with the dressing and garnish with lettuce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	197	662	140	999
Calories in a serving (2 $\frac{1}{4}$ oz.) .	21	71	14	106

SPANISH SALAD

2 slices of tomato 2 tablespoons sliced celery
2 tablespoons cabbage 1 tablespoon mayonnaise
 (shredded) Pimiento

Arrange tomato on lettuce leaf and on top place the cabbage and celery mixed, and sprinkle with salt. Dot the top with mayonnaise and garnish with strips of pimento. This makes one serving.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (4 oz.) . . .	7	32	24	63

CELERY SALAD

3 cups cut celery

1 cup Boiled Dressing

Mix the celery with the Boiled Dressing. Garnish with water cress.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	55	249	117	421
Calories in a serving (2 oz.) . . .	5	21	10	36

CELERY AND TOMATO SALAD

1 pint diced fresh
tomatoes

$\frac{1}{4}$ cup Mayonnaise Dress-
ing or Boiled Dressing

 $\frac{1}{2}$ cup celery

Peel the tomato and cut into three-fourths-inch cubes, rejecting the seedy portion. Clean the celery and cut into half-inch lengths. Add to the tomato and mix with the dressing. Garnish and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	24	380	84	488
Calories in a serving ($2\frac{1}{4}$ oz.) .	3	42	9	54

CABBAGE AND CELERY SALAD

Prepare the same as for Cabbage Salad, using one-third celery and two-thirds cabbage instead of all cabbage.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	44	387	179	610
Calories in a serving (2 oz.) . . .	4	37	17	58

BEETS AND PEAS IN ASPIC

3 red beets

$\frac{1}{3}$ package Vegetable Gel-
atine ($\frac{1}{4}$ oz.)

1 can French peas

1 dozen ripe olives

1 cup boiling water

2 lemons

Wash and cook two of the beets in boiling water until tender. Peel and cut into cubes and marinate with the

juice of one lemon. Peel one beet and cut into small cubes, cover it with one and one-half cups of cold water and let simmer ten or fifteen minutes, until the water is of a rich red color. Drain and measure. There should be one cupful. Soak the Vegetable Gelatine in warm water twenty minutes. Drain and put to cook in the boiling water. Cook eight to ten minutes. Strain and add one-half cup to the beet water. To this jelly add the beets and sliced olives.

Drain the juice from one can of French peas and marinate the peas with the juice of one lemon. To one cupful of juice drained from the peas, add the remainder of the cooked Vegetable Gelatine. Then add the peas and fill a mold half full of this mixture. As this begins to solidify, add, carefully, enough of the beet mixture to fill the mold. When solidified, turn out upon a plate garnished with alternate slices of hard boiled egg and lemon.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	116	350	394	860
Calories in a serving (4½ oz.).	11	35	39	85

WATER LILY SALAD

6 hard boiled eggs 1 tablespoon lemon juice
1 tablespoon butter ½ teaspoon salt

Cut eggs in halves lengthwise. Remove the yolks, mash and add butter, salt and the lemon juice. Cut each of the halves of the whites lengthwise into three sections. Place these sections on a lettuce leaf around the central portion to represent the petals of a lily. In the center place a spoonful of the yolk mixture formed into a ball to represent the center of each lily.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	137	349	6	492
Calories in a serving (2 oz.) . . .	23	58	1	82

BULGARIAN SALAD

1 cup chopped pecans	$\frac{1}{4}$ cup cream
1 cup cottage cheese	2 tablespoons lemon juice
$\frac{1}{4}$ cup Mayonnaise Dressing	

Marinate the cheese and nuts with the lemon juice. Add the cream to the dressing and stir until smooth. Mix the cheese and nuts with the dressing, and serve upon a lettuce leaf.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	416	2130	174	2720
Calories in a serving ($1\frac{1}{2}$ oz.) .	25	128	10	163

CHIFFONADE SALAD

$\frac{1}{4}$ cup cabbage	1 tablespoon French
2 tablespoons chopped	Dressing
celery	1 tablespoon Thousand
2 slices tomato	Island Dressing

Shave the cabbage fine and cut the celery into the usual size for salad. Mix and marinate with the French Salad Dressing. For an individual serving, place on a lettuce leaf two slices of tomato arranged opposite to each other, on this the cabbage and celery, placing a rounded dessert spoonful of Thousand Island Dressing on top. Garnish with chopped chives and pimento strips crossed on top.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving ($4\frac{1}{2}$ oz.) .	5	134	21	160

MIXED VEGETABLE AND EGG SALAD

1 cup string beans—	2 hard boiled eggs
left whole or broken	1 cup diced cucumbers
$\frac{1}{2}$ cup diced or sliced	$\frac{1}{2}$ cup French dressing
radishes	Salt

Mix cooked beans, pared and diced cucumber and diced radishes. Marinate with French Dressing. Salt and chill. Serve vegetables on lettuce leaves. Cut hard boiled eggs into eighths lengthwise. Place slices of eggs around the base of the vegetables. Garnish with radishes, peeled back to the stem-end to look like roses.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	63	717	59	839
Calories in a serving ($3\frac{3}{4}$ oz.) .	11	129	11	151

CHEESE BALLS

1 jar Yogurt or 1 cake 1 hard boiled egg-yolk
 Neufchatel cheese 1 teaspoon lemon juice
 1 tablespoon butter

Mash the cheese with a fork, add the butter, lemon juice and egg-yolk. Mix well, and add sufficient milk to soften to a proper consistency for molding. Shape into balls or form into irregular shaped masses by dropping from a spoon. Place upon a lettuce leaf on a plate and sprinkle with a spoonful of chopped nuts.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	95	504	15	614
Calories in a serving ($\frac{3}{4}$ oz.) . .	14	76	2	92

CELERY RELISH

1 quart canned tomatoes 1 pint chopped onions
 1 quart chopped celery 2 tablespoons salt
 2 tablespoons sugar $\frac{1}{4}$ cup lemon juice

Chop the celery and the onions very fine. Cook the tomatoes, celery and onions together, covered, until very

tender and quite thick. When almost done add the salt and sugar, and, when quite done, the lemon juice.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	92	91	1410	1593
Calories in a serving (1½ oz.) .	2	2	35	39

GRAPE CATSUP

1 pound Concord grapes	¼ cup lemon juice
¼ cup sugar	¼ teaspoon cinnamon

Wash the grapes and pick from the stem. Add enough water to keep from burning. Let boil until soft enough to press through a colander. Add the rest of the ingredients to this pulp and boil down to the desired consistency.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	22	19	588	629
Calories in a serving (1 oz.) . . .	2	1	59	62

WATERMELON RELISH

12 oz. cantaloupe	4 oz. watermelon
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Dice the edible portion of a firm but ripe cantaloupe and also that of a watermelon, chill, mix and serve in stemmed sherbet glasses.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	16	4	164	184
Calories in a serving (2⅔ oz.) .	3	1	27	31

INDIA RELISH

2 cups chopped cucumber	2 teaspoons salt
3 tablespoons chopped green peppers	3 tablespoons cottage cheese
3 tablespoons chopped onions	3 tablespoons Mayonnaise Dressing

Put the vegetables into an earthen dish, sprinkle with the salt and let stand 15 minutes. Drain and mix with the Mayonnaise Dressing. Serve upon a lettuce leaf and sprinkle over with cottage cheese. Grated Yogurt or cream cheese may be used if preferred. Carbo-

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.....	52	284	63	399
Calories in a serving (2½ oz.).	8	48	11	67

CREAMED CHEESE ON WAFERS

$\frac{1}{4}$ pound Yogurt or
Neufchatel cheese

1/4 cup cream
1/2 pound crackers

1/2 glass jelly

Mix the cheese with the cream until smooth, form in rosettes by forcing through a pastry tube. Pipe the rosette in the center of a wafer or thin cracker and put a bit of colored jelly on two opposite corners. A small rosette may be piped on each corner and a bit of bright colored jelly placed in the center, if preferred.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	135	446	684	1265
Calories in a serving (1 oz.) . . .	11	37	57	105

MINT JELLY

1/2 cup lemon juice

2 tablespoons mint

$\frac{2}{3}$ cup sugar

$\frac{1}{3}$ package Vegetable Gel-
atine ($\frac{1}{4}$ oz.)

2½ cups water

Soak the mint in the lemon juice one hour, then strain and add the sugar and one and one-half cups of the cold water. Soak the Vegetable Gelatine in warm water twenty minutes. Strain and add to one cup of boiling water; let

boil five to ten minutes. Strain and add to the other ingredients. Turn into molds wet with cold water and let stand until ready to serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	0	0	652	652
Calories in a serving (3 oz.) . . .	0	0	67	67

CUCUMBER JELLY

1 $\frac{3}{4}$ cups cucumber pulp	$\frac{1}{4}$ cup lemon juice
$\frac{1}{3}$ package Vegetable Gel- atine ($\frac{1}{4}$ oz.)	1 cup water
	$\frac{1}{2}$ teaspoon salt
Few drops onion juice	

To prepare the cucumber pulp peel the cucumbers and grate; strain through a colander, pressing through as much liquid as possible. Add the lemon and the onion juices, and the salt. Soak the Vegetable Gelatine in warm water twenty minutes. Drain and put to cook in the boiling water. Let cook five to ten minutes. Strain and add to the juices. Turn into molds wet with cold water and let stand until firm. Serve upon a lettuce leaf, with or without a salad dressing.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	7	4	53	64
Calories in a serving (3 oz.) . . .	1	1	8	10

RUSSIAN TOAST

1 cup cottage cheese	$\frac{1}{2}$ cup Mayonnaise
4 slices bread	Dressing

Trim the crusts from the bread and cut into two oblong pieces. Toast to a nice brown and moisten slightly with hot

water. Mix the Cottage Cheese with the Mayonnaise Dressing and serve a spoonful upon each slice of the toast.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	231	152	194	577
Calories in a serving (4 oz.) . . .	31	20	39	90

TURNIP PUREE

2 cups grated turnip 2 tablespoons lemon juice
1 teaspoon salt ½ cup cream

Wash, peel and grate a sufficient number of turnips to make two cups. New turnips are best for this recipe. Add the lemon juice and the salt to the cream and beat thoroughly, then pour over and mix with grated turnip.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	28	207	364	599
Calories in a serving (2 oz.) . . .	3	24	43	70

BUTTERMILK OR YOGURT JELLY

⅓ box Vegetable Gelatine ½ cup thick cream
 (¼ oz.) Juice and grated rind 2
1½ cups buttermilk or lemons
 Yogurt buttermilk 1 cup boiling water

Prepare the Vegetable Gelatine according to General Directions for the Use of Vegetable Gelatine. Add the cream, lemon and the cooked Vegetable Gelatine to the buttermilk, and turn into molds. When set, serve with Mayonnaise Dressing.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	59	199	137	395
Calories in a serving (3 oz.) . . .	6	22	15	43

TOMATO JELLY

1 quart canned tomatoes or	$\frac{1}{2}$ cup lemon juice
1 $\frac{1}{4}$ cups condensed tomato	$\frac{1}{3}$ box Vegetable Gel-
3 bay leaves	atine ($\frac{1}{4}$ oz.)
1 medium-sized onion	1 cup boiling water
1 teaspoon salt	2 tablespoons sugar

Put the tomatoes, with the seasoning, to cook until reduced to one-third of the original volume, then rub through a colander. Prepare the Vegetable Gelatine according to General Directions, using the one cup of boiling water in which to cook it. When cooked and strained, add to the tomatoes, turn into molds, and set in a cool place. It may be cut into cubes or other fancy shapes, if desired, and served as a garnish, or may be served as a salad with Mayonnaise Dressing.

If condensed tomato is used it is only necessary to heat with the seasonings long enough to extract the flavor.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	45	17	326	388
Calories in a serving (4 oz.) . . .	3	1	28	32

CHILI SAUCE

1 pint condensed tomato	1 teaspoon cinnamon
$\frac{1}{2}$ cup lemon juice	$\frac{1}{4}$ teaspoon cloves
4 tablespoons brown sugar	4 tablespoons grated onion

Cook the condensed tomato slowly one-half hour. Add the grated onion, sugar, cloves, and cinnamon, and cook one-half hour longer. Then add the lemon juice.

Canned tomatoes may be used instead of condensed tomatoes, in which case it will be necessary to use three

pints. Cook them down until reduced to one pint. Mash through a colander and proceed as directed.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	81	59	463	603
Calories in a serving ($1\frac{1}{4}$ oz.) .	10	7	58	75

SALAD DRESSINGS

FRENCH SALAD DRESSING

1 tablespoon lemon juice	$\frac{1}{4}$ teaspoon salt
3 tablespoons olive oil	Few drops onion juice

Dissolve the salt in the lemon juice, add the onion juice and then the oil. If desired the amount of oil or lemon juice may be increased.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	0	396	11	407
Calories in a serving ($\frac{1}{2}$ oz.) . .	0	99	3	102

BOILED DRESSING

2 egg-yolks	2 tablespoons butter or
$\frac{1}{4}$ cup lemon juice	olive oil
$\frac{1}{2}$ teaspoon salt	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ tablespoon sugar	1 tablespoon flour

Beat the egg-yolks in the inner portion of a double boiler. Add the salt, sugar, and flour, and stir until well blended. Then add the milk, the lemon juice, and the oil or butter. Cook until the mixture begins to thicken, stirring constantly. Remove from the heat and cool at once. Should the dressing curdle, place it in a pan of cold water and beat vigorously with an egg beater. If a more acid dressing is desired, as

for Potato Salad, use less milk and more lemon juice.

More sugar may be added for fruit salads, if desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	49	310	85	444
Calories in a serving (1½ oz.) .	7	46	13	66

GOLDEN DRESSING

¼ cup pineapple, apple, or other light colored fruit juice	¼ cup lemon juice ⅓ cup sugar 2 eggs
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Beat the eggs sufficiently to blend the yolk and the white, but not until foamy. Add the lemon juice, the pineapple, apple, or other juice, and the sugar. Cook in a double boiler, stirring constantly until thickened. Set in cold water to cool.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	23	40	370	433
Calories in a serving (¾ oz.) . .	2	4	34	40

MAYONNAISE DRESSING

2 egg-yolks	½ teaspoon salt
1 cup olive oil or salad oil	2 tablespoons lemon juice

Add the salt to the yolk of the egg and beat with a rotary egg beater until very thick, then add lemon juice, a few drops at a time, beating constantly. Add oil a teaspoon at a time, beating constantly, adding more at the last until all is used. If it curdles, take another egg-yolk, beat it until well blended and gradually add the curdled dressing to it in the same manner as the oil is added to the first egg-yolk. When properly made, this is a thick dressing. If a more acid dressing is desired, more lemon juice may be added.

If desired, the whole egg may be used. When well beaten, proceed the same as when the yolks only are used.

If desired this dressing may be diluted with a thick starch paste of about the same consistency as the dressing. To make it, use two tablespoons cornstarch, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ cup water. Cook in double boiler one hour, then cool and add to the dressing.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	18	2133	11	2162
Calories in a serving ($\frac{1}{2}$ oz.) . .	1	107	1	109

CREAM SALAD DRESSING

2 tablespoons butter	3 egg-yolks
2 tablespoons flour	$\frac{1}{2}$ teaspoon salt
1 cup cream	2 tablespoons sugar
$\frac{1}{2}$ cup lemon juice	2 cups whipped cream

Melt the butter in a double boiler, stir in the flour and the cream (sour cream being preferable). Stir until it begins to thicken. Beat the egg-yolks, add to them the salt, sugar and lemon juice, and turn into the thickened cream. Cook in a double boiler about five minutes, or until the eggs begin to thicken. Cool, and fold in the Whipped Cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	92	1167	281	1540
Calories in a serving ($1\frac{1}{2}$ oz.) .	6	73	17	96

A LA CONDE DRESSING

2 cups Salad Oil	1 egg-yolk
3 tablespoons lemon juice	$\frac{2}{3}$ tablespoon onion juice
$2\frac{2}{3}$ tablespoons orange juice	Chopped parsley
	$\frac{1}{2}$ teaspoon salt

Add salt to egg-yolk and beat until creamy, add lemon juice and oil alternately, beating constantly with a Dover

egg beater; then add onion and orange juice. Beat thoroughly. Before serving, a bit of chopped parsley may be added, if desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	11	3623	37	3671
Calories in a serving (1 oz.) . . .	1	204	2	207

CREAM MAYONNAISE DRESSING

1 egg	$\frac{1}{3}$ teaspoon salt
2 tablespoons lemon juice	$\frac{1}{2}$ tablespoon sugar
2 tablespoons butter	$\frac{1}{4}$ cup cream

Beat the egg lightly, add the lemon juice, salt, sugar and butter, and cook in a double boiler until it begins to thicken. Remove from the heat and chill. Add the cream. If the cream is heavy enough to whip, the whipped cream is preferable. This makes a nice dressing for fruit salads.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	30	352	50	432
Calories in a serving ($1\frac{1}{2}$ oz.) .	7	96	13	116

THOUSAND ISLAND DRESSING

1 cup mayonnaise	$\frac{1}{4}$ cup chili sauce
$\frac{1}{6}$ chopped onion	$\frac{1}{3}$ chopped green pepper
2 hard boiled eggs chopped	$\frac{1}{2}$ cup chopped olives Salt

To the mayonnaise, add the chili sauce slowly. Also the chopped onion, pepper and olives.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	80	1824	68	1972
Calories in a serving ($1\frac{1}{2}$ oz.) .	7	153	6	166

RUSSIAN DRESSING

$\frac{1}{2}$ cup mayonnaise $\frac{1}{2}$ cup whipped cream
 $\frac{1}{2}$ cup chili sauce

Mix mayonnaise and chili sauce. Fold in the whipped cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	21	852	61	934
Calories in a serving ($1\frac{1}{2}$ oz.) .	3	122	9	134

TOASTS

SNOWFLAKE TOAST

1 pint milk	4 tablespoons flour
½ cup cream	2 egg-whites
1 teaspoon salt	8 slices toasted bread

Heat the milk to scalding in double boiler and moisten the flour with the cream, a little at a time. Rub until smooth, then stir into the hot milk. Cook about twenty minutes. Add the salt and pour over the stiffly beaten egg-whites, beating constantly. Moisten the toasted bread in a little hot milk or cream and pour the sauce over the toast.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	210	445	563	1218
Calories in a serving (5 oz.) . . .	39	82	104	225

CREAM TOAST

1 pint milk (⅓ or ¼ cream)	4 slices toasted bread 1 teaspoon salt
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Heat the milk and cream to scalding in a double boiler, add salt and pour over the toasted bread. Serve in grain bowls with one-half cup of the hot milk and cream to each slice of bread.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	101	212	334	647
Calories in a serving (5 oz.) . . .	25	53	83	161

CREAMED TOAST

1 pint milk
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
6 slices bread

Make a thin White Sauce of the milk, butter, flour and salt. Toast the bread, preferably until crisp. Pour over this the White Sauce. Serve at once.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	129	438	499	1066
Calories in a serving (5 oz.) . . .	28	95	108	231

ASPARAGUS TIPS ON TOAST

Wash the asparagus carefully and remove the scales. Cut off the tough ends, which may be used for soup. If wilted, let stand in cold water. (Asparagus may be kept fresh and in good condition for some time by standing it in water one-half inch deep or more in a cool place.) *

Tie the asparagus in bunches with soft tape and cook in boiling, salted water ten minutes, with the tips out of the water. Then lay it down so that it is wholly immersed and let boil for five minutes.

Serve four or five tips on a slice of toast with two teaspoons of melted butter, or with any preferred sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (3 oz.) . . .	14	85	67	166

CREAMED CELERY ON TOAST

3 cups cut celery
10 slices bread (thin)
2 cups water
1 cup milk
1 tablespoon butter
1 tablespoon flour
 $\frac{1}{2}$ teaspoon salt

Scrape and cut enough celery to make three cups. Cook in the boiling, salted water, covered, until tender, or about forty-five minutes. Uncover. Let boil until the liquid is nearly evaporated. Prepare a thin White Sauce of the remaining ingredients and pour over the celery. Trim the crust from the bread and cut into triangular-shaped pieces; toast in a moderate oven until crisp. Serve a spoonful of the creamed celery upon each slice.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	154	250	724	1128
Calories in a serving (4 oz.) . . .	15	25	72	112

CREAMED SPINACH ON TOAST

1 pint cooked or canned spinach	1 cup White Sauce
6 hard boiled eggs	$\frac{1}{2}$ teaspoon salt
	12 slices bread

Drain the liquid from the spinach and chop. Prepare the White Sauce and add the spinach. Add the salt, and reheat. Trim the crusts from the bread. Cut into triangular shaped pieces and toast in a slow oven until crisp and nicely browned. Arrange a spoonful of the creamed spinach upon each piece of toast and garnish with slices of hard boiled egg, using one-half egg to each serving.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	331	663	832	1826
Calories in a serving ($3\frac{1}{2}$ oz.) .	27	56	69	152

ONIONS ON TOAST

1 dozen small Spanish onions	3 hard boiled eggs
6 slices toast	1 pint White Sauce or Cream Sauce

Remove the skins of the onions under cold water; cook in boiling, salted water, and boil five minutes; drain and cover with boiling, salted water. Cook one hour, or until soft and tender, but not so soft that the shape is lost. Drain and serve two onions upon each slice of moistened toast. Serve two spoonfuls of sauce upon each serving. Garnish with slices of eggs—one-half egg to each serving.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	241	578	768	1587
Calories in a serving (6 $\frac{2}{3}$ oz.) .	40	96	128	264

GREEN LIMA BEAN TOAST

2 cups stewed or canned green lima beans	1 tablespoon flour 1 tablespoon butter
$\frac{3}{4}$ cup milk	1 teaspoon salt
10 slices bread	1 egg-yolk

Put the stewed or canned green lima beans through a colander. Make a White Sauce of the butter, flour, salt, and milk. Add the bean purée and pour over the beaten egg-yolk. Cook until the egg has thickened. Serve over moistened slices of toasted bread.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	502	446	1911	2859
Calories in a serving (4 oz.) . . .	50	44	191	285

CREAMED OKRA ON TOAST

1 quart okra	1 tablespoon lemon juice
	1 teaspoon salt

Cook the okra pods in boiling water, using one teaspoon of salt to a quart of water; add one tablespoon of

lemon juice to the water also. Cook about one-half hour, or until the okra is tender. Drain the water from the okra, reserving one cup of it for the sauce.

Sauce

1 cup water from the okra	$\frac{1}{4}$ cup milk
$\frac{1}{2}$ cup cream	$\frac{1}{4}$ cup strained tomatoes
1 teaspoon salt	2 tablespoons flour
	2 tablespoons butter

Heat the okra water, the cream and milk in a double boiler. Rub the flour and butter together and pour a little of the hot liquid over it, stirring constantly. When mixed thin enough to pour, turn this back into the remainder of the hot liquid. Set in a double boiler and stir until thickened. Add the salt and the strained tomato just before serving. Place three or four of the okra pods on a toasted slice of bread and over this pour a spoonful or more of the sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	111	466	570	1147
Calories in a serving ($4\frac{1}{4}$ oz.) .	13	58	72	143

BAKED TOMATO ON TOAST

6 slices of bread	1 tablespoon butter
6 thick slices tomatoes	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ teaspoon salt .	

Select firm and ripe tomatoes. Remove the stem end and cut into two or three slices according to the thickness of the tomato. The slices should be about three-fourths of an inch thick. Place the tomatoes in a buttered pan; sprinkle with salt and dot each slice with a bit of butter.

Bake twenty to thirty minutes in a moderate oven. Trim the crust from the bread and toast to a nice brown. Moisten the toast by dipping quickly into the hot milk. Place a slice of a baked tomato on each piece of toast. Garnish with a sprig of parsley.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	95	217	442	754
Calories in a serving (3 oz.) . . .	15	36	74	125

CREAM TOMATO TOAST

1 pint Cream Tomato Sauce 8 slices bread

Prepare the Cream Tomato Sauce and pour over slices of toasted bread.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	135	525	628	1288
Calories in a serving (3 oz.) . . .	16	66	79	161

FRENCH APPLE TOAST

$\frac{1}{2}$ cup milk ($\frac{1}{3}$ cream) 4 slices bread
1 egg 1 cup apple sauce

Beat the egg slightly and add the milk, dip the bread into this mixture. Place in a buttered pan and bake until nicely browned. Serve one generous tablespoon of the apple sauce upon each slice of the toast.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	79	168	604	851
Calories in a serving (4 oz.) . . .	19	42	151	212

DATE TOAST

2 cups dates 4 tablespoons milk
 $\frac{1}{2}$ cup water 1 tablespoon cream
8 slices toasted bread

Immerse the dates in cold water, remove the stones and wash in hot water; put to cook in boiling water, and let cook until the dates are very soft and quite thick. Put them through a colander and add the milk and cream. Pour this over crisp toasted bread and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	161	182	1814	2157
Calories in a serving (3 oz.) . . .	13	15	151	179

PRUNE TOAST

1 cup prunes

2 cups water

8 slices bread

Wash and soak sweet California prunes over night in cold water. Cook on the back of the range, allowing them to simmer for one to two hours, or until perfectly tender. Remove the seeds and rub the prunes through a colander. Dip toasted slices of bread or zwieback quickly into hot water or milk and serve as individual portions upon small plates. Put a spoonful of the prune purée on each piece of toast.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	109	81	934	1124
Calories in a serving (3½ oz.) .	13	10	117	140

FRUIT TOASTS

For each serving allow one slice of crisp toasted bread and one-half cup of a fruit sauce such as apple sauce, peach sauce, etc. If berries or fruit juices are used thicken with the cornstarch in the proportion of two teaspoons of cornstarch to one cup of the liquid or sauce. Two slices of

Breakfast Toast or one slice of zwieback may be substituted for the toasted bread.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (5 oz.) . . .	11	12	230	253

BANANA TOAST

Peel very ripe bananas and mash through a sieve or colander. Proceed the same as for Fruit Toast, except that the toasted bread should be moistened slightly with hot water or hot milk.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (5 oz.) . . .	14	8	136	158

FRUIT DESSERTS

THE dessert seems to satisfy a natural craving for something dainty and tasty with which to finish the meal.

Heavy desserts rich in sweets and fats should never accompany an otherwise hearty meal. When such a dessert is served, the rest of the meal should be correspondingly light.

Fats inhibit the secretion of the hydrochloric acid of the gastric juice, hence, when taken at the end of a heavy meal, have a tendency to retard digestion.

Sweets stimulate the secretion of the hydrochloric acid, hence should be avoided by persons having a tendency toward hyperacidity.

Cane sugar, including also beet sugar and maple sugar, should be used in moderation, as strong solutions of it have an irritating effect upon the alimentary tract. Many persons find it necessary to eliminate it entirely from the dietary. Malt sugar which is much more easily handled by the body, may be used in many uncooked desserts and as a sweetening agent for fruits served as dessert.

FRUIT DESSERTS

Fruits lend themselves particularly well to the making of desserts and too much cannot be said in favor of their use. They should form a part of every day's dietary and, if possible, a part of every meal.

Their nutriment consists chiefly of the natural fruit sugars which are ready for absorption, hence are at once refreshing and cooling.

Their acids are cleansing. Their mineral salts are alkaline and are valuable for improving the condition of the blood. They are especially valuable as appetizers, appealing through the senses of sight, smell, and taste.

They appeal through the sense of sight because of their charm of color and beauty of contour; through the sense of smell because of the pleasant aroma; and through the sense of taste because of the ethereal substances producing the flavors.

When fresh fruit is not obtainable, dried fruit may be used advantageously. If this is used it should be soaked in cold water for several hours, or, if possible, over night, to gain sufficient moisture. The time of soaking may be shortened by pouring boiling water over the washed fruit and letting it stand for a few hours. The cooking should be slow and gentle.

FRUIT MACEDOINE

3 oranges

3 bananas

1 can sliced pineapple

Powdered sugar

$\frac{1}{4}$ cup lemon juice

Peel the oranges deep enough into the flesh to remove all the white skin. Slice into half-inch slices, then cut into small cubes. Drain the juice from a pint can of pineapple and cut the slices into small triangular shaped pieces.

Peel the banana and cut into half-inch cubes. Mix the fruits and put into stemmed sherbet glasses. Pour a teaspoon of lemon juice over each serving with a teaspoon of powdered sugar. This makes a nice first course for dinner or luncheon.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	32	51	1342	1425
Calories in a serving (4 oz.) . . .	2	4	125	131

FRUIT MACEDOINE NO. 2

1 grapefruit

2 oranges

Powdered sugar

Cut the fruit in halves and remove the pulp. Cut into small pieces. Serve in stemmed sherbet glasses, using about four tablespoons of the mixture for a serving. Sprinkle some powdered sugar over the top just before serving. This makes a very nice first course.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	16	9	454	479
Calories in a serving (3 oz.) . . .	2	1	72	75

GRAPEFRUIT COCKTAIL

Peel a grape fruit as you would an apple, taking off all the white skin. Remove the coarse inner skin from each section and cut into small pieces. Keep on ice until thoroughly chilled. Place a large spoonful in a cocktail glass and pour over it a spoonful of chilled orange juice. Just before serving sprinkle a heaping teaspoon of powdered sugar over it, and place a candied cherry on top.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	11	6	275	292
Calories in a serving (3 oz.) . . .	2	1	64	67

FRUIT COCKTAIL

 $\frac{1}{2}$ pound Tokay grapes

1 cup diced apples

1 cup diced pineapple

 $\frac{1}{2}$ cup pineapple juice $\frac{1}{3}$ cup lemon juice

Wash the grapes, pick from the stems, and cut each lengthwise into quarters to remove the seeds. Cut

the pineapple into small cubes. (Canned or fresh pineapple may be used). Peel the apples, cut into small cubes and mix immediately with the lemon juice to prevent discoloration. Add the pineapple juice and the other fruits. Let this stand on ice two or three hours until the flavors are well blended. Just before serving place the fruit in stemmed sherbet glasses and pack in ice in compote dishes. On top of the fruit, pipe a rosette of whipped cream through the star-shaped pastry tube. The cream should be slightly sweetened and flavored with a little lemon or almond extract.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	27	220	740	987
Calories in a serving (3 oz.) . . .	2	20	70	92

SEGMENTED ORANGES WITH WHIPPED CREAM

1 orange

1 teaspoon sugar

whipped cream

Peel an orange deep enough to remove all the white portion. To do this, cut down into the flesh of the orange. With a sharp knife cut down between the skin in such a way that the section can be removed, leaving all of the white portion. Arrange these sections in a stemmed sherbet glass, sprinkle lightly with heaping teaspoon of sugar and serve with a tablespoon of whipped cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (5½ oz.) .	5	14	86	105

COCOANUT DATES

1 dozen stoned dates

2 tablespoons shredded

3 English walnuts

cocoanut

2 tablespoons Water Frosting

Insert one-half of a walnut meat in the date. Dip in thin Water Frosting and roll in shredded cocoanut.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	33	331	436	800
Calories in a serving (1½ oz.) .	2	27	37	66

BANANA DESSERT

4 bananas • 1 cup whipped cream

Put the bananas through a colander, beat to a stiff froth, and serve with whipped cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	27	147	349	523
Calories in a serving (4 oz.) . . .	6	35	85	126

PEACHES AND CREAM WITH RICE BISCUIT

Select thoroughly ripened peaches or whole halves of canned fruit. Place a half peach on a toasted Rice Biscuit and serve immediately with whipped cream. Triscuit may be used instead of the Rice Biscuit.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (3 oz.) . . .	11	13	141	165

STEWED PRUNES

Wash one-half pound of prunes, soak them in one quart of cold water for several hours, cook slowly until tender in the water in which they were soaked. Add one-fourth cup sugar, one tablespoon lemon juice for each two cups of prunes. Cook five minutes. The sugar and lemon juice may be omitted if desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	16	0	795	811
Calories in a serving (3¾ oz.) .	2	0	114	116

BAKED BANANAS

6 bananas

1 egg

2 tablespoons bread crumbs

Remove the skins from the required number of bananas and scrape to remove all fuzzy portion next to the skin. Beat one egg and add two tablespoons of milk or water. Dip the bananas into the beaten egg, then into toasted bread crumbs. Place on an oiled pan and bake in a moderate oven thirty to forty minutes, or until perfectly tender. Baked bananas are a very wholesome dish, but raw bananas are sometimes troublesome, unless very ripe.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	76	91	632	799
Calories in a serving (4 oz.) . . .	12	15	105	132

BAKED PEARS

8 medium-sized pears

 $\frac{1}{2}$ cup brown sugar

2 tablespoons butter

Select firm and ripe pears, without blemish. Cut in halves lengthwise. Remove the core and sprinkle with brown sugar, using a tablespoonful for each pear. Dot each half with two or three small bits of butter. Bake until tender and nicely browned in a moderate oven. Serve with or without whipped cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	20	256	968	1244
Calories in a serving (4 oz.) . . .	2	32	121	155

BAKED APPLES

6 medium-sized apples
1 lemon

1 cup water
 $\frac{3}{4}$ cup sugar

Wipe, core and pare the apples. Put apples in baking dish with a slice of lemon on top of each. Make a syrup of the sugar and water. Pour around the apples, cover and bake slowly until soft. Serve cold with cream,¹ or with one teaspoon of jelly in the center of each apple. The apples may also be flavored with cloves, by sticking four cloves in the side of each apple at an even distance apart.

Sweet apples are always tough when cooked. The acid of the lemon helps to soften the cellulose of the apple. The skins of the apple break when baking, because the steam in the apple must escape, therefore it forces an opening in the thinnest part of the skin. A line cut around the center of the apple will prevent its breaking. Basting apples while cooking makes the skin tender.

Steamed apples are served for baked apples in many of the best hotels and restaurants, as they retain their color and flavor much better than when baked.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	13	39	987	1039
Calories in a serving ($4\frac{1}{4}$ oz.).	1	3	82	86

BAKED APPLES WITH MELTOSE DRESSING

Sweet apples

Meltose Dressing

Select sweet apples of the same degree of hardness and remove the cores. Unless the skins are very tender, it is best to pare them. Water sufficient to cover the bottom of the baking dish should be added if the fruit is not juicy.

Bake in a quick oven. Cover the first ten minutes, then remove the cover and finish baking. Serve with a tablespoon of Meltose Dressing.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (6 oz.) . . .	5	8	175	188

APPLE SAUCE

8 apples

1 cup sugar

1 cup water

Wipe, pare, quarter and core eight medium-sized sour apples. Make a syrup by boiling the sugar and water seven minutes. Add the apples and cook until soft. A flavoring of cinnamon or lemon may be added. The apple sauce may be put through a colander to render it smooth for any special use.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	17	53	1620	1690
Calories in a serving (3½ oz.) .	1	3	101	105

APPLE TAPIOCA

¼ cup pearl tapioca or 2
tablespoons minute
tapioca

1 quart quartered apples
⅔ cup sugar
1½ cups water

Soak the tapioca and cook in the water until transparent. Add one-half the sugar. Bake the apples, using the remaining half of the sugar; when done, pour the tapioca over them and bake again for about twenty minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	11	31	1196	1238
Calories in a serving (2¾ oz.) .	1	2	79	82

MAPLE APPLE

1 cup maple syrup

1 cup water

4 medium-sized apples

Pare and core the apples. Heat the water and syrup to the boiling point. Drop the apples into the heated liquid, turning often in order to insure uniform cooking. Remove the apples when tender. Allow the liquid to cook down to the consistency of syrup, and pour it over the apples.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	8	27	1167	1202
Calories in a serving (6½ oz.) .	2	7	291	300

ALMOND APPLE

8 tart apples

½ pound almonds

1½ cups sugar

1 lemon

1½ cups water

1 tablespoon cornstarch

Pare and core the apples. Cut the lemon in half and rub the apples with the lemon to prevent discoloration. Make a syrup of the sugar and water. Cook the apples in the syrup. Remove from the syrup when done, and place in a pudding dish. Press obliquely into them the blanched almonds split into halves. Dredge the apples and almonds with sugar, and brown in the oven. Add one cup water and one teaspoon lemon juice to the syrup. Moisten the cornstarch with a little cold water and add to the hot syrup. Cook five minutes. Place the apples in a serving dish and pour the syrup around them. Serve cold, with or without whipped cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	152	1175	1829	3156
Calories in a serving (6½ oz.) .	19	147	228	394

BROWN BETTY

3 cups chopped apples	1/4 teaspoon nutmeg
2 cups bread crumbs	Juice and rind 1/2 lemon
1/2 cup sugar	1/4 cup water
1/4 teaspoon cinnamon	2 tablespoons butter

Mix the sugar with spice. Melt the butter and stir in the bread crumbs. Arrange one-half of the crumbs in the bottom of the pan. Place one-half of the apples, one-half of the spiced sugar and one-half of the lemon juice over them, then one-fourth of the bread crumbs and the remainder of the apples, the sugar and the lemon. Over all this pour the water. (If apples are very juicy, omit part, or all, of the water.) Cover with the remaining fourth of the buttered crumbs. Put in a moderate oven, cover and bake until the apples begin to get tender, then remove the cover.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	50	257	990	1297
Calories in a serving (3 1/2 oz.) .	6	33	128	167

HONEY APPLES

6 medium-sized apples	6 teaspoons butter
6 tablespoons honey	1 cup hot water

Pare and core the apples; place in a dripping pan and fill the center of each apple with one tablespoon of honey and one teaspoon of butter; add the cup of hot water; cover the pan and set in a rather quick oven. When the boiling point is reached reduce the heat so that the apples will cook gently. Turn them occasionally; and a few minutes before

the baking is finished remove the cover and let the apples brown slightly. Serve with or without whipped cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	27	257	808	1092
Calories in a serving (6 oz.) . . .	4	42	134	180

APPLES WITH ROLLED OATS

6 large apples
1 $\frac{1}{4}$ cups sugar

1 quart water
1 cup rolled oats

Cook the rolled oats according to directions for Rolled Oats. Pare the apples and cook in a syrup of the water and sugar. Turn frequently. When the apples are done, fill the centers with the cooked rolled oats. Boil the syrup until rather thick and pour over the apples. Left-over cereals may be used in this way

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	25	48	1765	1838
Calories in a serving (7 $\frac{1}{2}$ oz.) .	4	8	294	306

DATE AND APPLE FLUFF

2 medium-sized apples
1 egg-white

$\frac{3}{4}$ cup dates

Select sweet, mealy apples, and pare, quarter and core them. Seed and wash the dates. Put the apples and the dates through a food chopper or chop very fine in a chopping bowl. Beat the egg-white until stiff and fold into the mixed apples and dates.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	47	62	580	689
Calories in a serving (2 $\frac{1}{2}$ oz.) .	7	9	91	107

STEAMED FIGS

Wash the figs in hot water, cut off the stem and blossom ends, place in a steamer or in a colander over hot water, cover tightly and steam twenty to thirty minutes. Serve with or without cream. This is one of the most delicious ways of serving figs.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (2 oz.) . . .	8	1	148	157

STUFFED FIGS

Select natural or pressed figs, remove the stems, and wash in hot water. Put in a steamer or colander over a dish of hot water, cover closely and steam until thoroughly softened, then remove from the heat, and when cool, stuff each fig with a walnut meat by making an opening in the side of the fig and inclosing the nut. Sprinkle the figs with granulated sugar.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (3 oz.) . . .	18	109	110	237

APRICOT FLUFF

1½ pounds dried
apricots

¾ cup whipping cream
1 egg-white

3 tablespoons sugar

Wash the apricots thoroughly and put to soak in cold water sufficient to cover and let stand for twelve hours or until soft. Put through a colander and add the sugar. There should be three cups of the pulp. Beat the egg-white until stiff and fold into the apricot pulp. Whip the cream and put a spoonful on top of each serving.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	176	361	2822	3359
Calories in a serving (3 oz.) . . .	6	13	100	119

If the whipping cream is not convenient, plain cream may be used.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	151	496	1494	2141
Calories in a serving (4 oz.) . . .	17	58	176	251

PRUNE SOUFFLE

2 cups prune pulp 4 tablespoons powdered
4 egg-whites sugar
1 dozen pecans

Cook one pound of California prunes until tender and quite dry, and put through a colander. (If the sweet prunes are not obtainable, a little sugar may be added to the pulp.) Beat two of the egg-whites stiff and fold into the pulp. Put into a baking dish, set in a pan of hot water, and bake thirty to forty minutes in a moderate oven, or until set. Make a meringue by beating the other two egg-whites stiff and adding the powdered sugar. Spread lightly on the top of the prunes and arrange the nut meats over this. Place in a moderate oven a few minutes until the meringue is set.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	157	233	482	872
Calories in a serving (3 oz.) . . .	23	33	72	128

HYDRATED APRICOTS

1 pound dried apricots 2½ cups water
1 cup sugar

Look the apricots over carefully. Wash and put to soak in two and one-half cups of water for twelve hours. When thoroughly softened add the sugar and serve uncooked.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	85	40	2051	2176
Calories in a serving (3½ oz.) .	6	3	163	172

HYDRATED PRUNES

Prepare the same as for Hydrated Apricots, allowing twenty-four to thirty-six hours for soaking.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	32	0	1134	1166
Calories in a serving ($3\frac{3}{4}$ oz.) .	3	0	118	121

ORANGE BREAD DESSERT

Cut the crusts from a three-fourths inch slice of Fruit Bread or Graham Bread. Spread with butter and over each put one-half an orange, diced, and add a spoonful of whipped cream. This simple dessert may be varied by using different fruits, such as pineapple, very ripe bananas, soaked or steamed prunes or other sauces.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving ($4\frac{1}{4}$ oz.) .	13	126	95	234

FRUIT SANDWICH WITH WHIPPED CREAM

Cut stale bread quite thin, cover with a layer of fruit, such as berries, sliced peaches, segmented oranges, sliced ripe banana, etc. On top of this spread another layer of bread, press firmly together, trim and serve with a generous helping of whipped cream. This is a very simple dessert, and a particularly good one for children.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving ($3\frac{1}{2}$ oz.) .	13	28	87	128

DATE MARMALADE

2 cups dates	$\frac{1}{2}$ teaspoon grated
$\frac{1}{2}$ teaspoon grated	orange rind
lemon rind	2 teaspoons butter
$\frac{1}{2}$ teaspoon cinnamon	

Immerse the dates in cold water. Remove the stones and wash in hot water. Cook the seeded dates, grated lemon and orange rinds in two cups of boiling water until tender and quite dry. Rub them through a colander and add the butter and powdered cinnamon.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	29	194	1072	1295
Calories in a serving ($2\frac{1}{2}$ oz.) .	3	23	128	154

APRICOTS A LA CONDA

3 cups steamed rice	1 cup sugar
1 can apricots	$\frac{1}{2}$ cup pistachio nuts
1 cup whipping cream	

Prepare the Steamed Rice recipe and turn into oblong pans. Let cool and cut into two-inch squares. Open a quart can of peeled apricots, add one cup sugar and cook five minutes. Arrange a square of steamed rice on a dessert plate with two half apricots beside it. Pour over it a spoonful of the syrup from the apricots, and on top serve a spoonful of whipped cream. Chop pistachio nuts quite fine and sprinkle on top of the whipped cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	88	98	2003	2189
Calories in a serving (5 oz.) . . .	7	8	173	188

BANANA SNOW

$\frac{3}{4}$ cup minute tapioca	1 cup sugar
or sago	3 egg-whites
1 quart water	3 bananas, diced
2 tablespoons lemon juice	

Cook the tapioca in the water until transparent. Add lemon juice and sugar and pour over the beaten egg-white, beating constantly. Stir in the bananas, cool and serve with cream or whipped cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	114	66	1615	1795
Calories in a serving (3 oz.) . . .	6	4	97	107

PINEAPPLE TAPIOCA PUDDING

$\frac{3}{4}$ cup minute or pearl tapioca	$\frac{1}{4}$ cup lemon juice $\frac{3}{4}$ cup sugar
2 $\frac{1}{2}$ cups boiling water	1 cup finely cut pineapple
$\frac{1}{4}$ tablespoon salt	

Soak the pearl tapioca in cold water to cover for several hours (the minute tapioca does not require soaking). Drain, and add the boiling water and the salt. Cook in a double boiler until thoroughly transparent. Then add the sugar and lemon juice. Cut sliced pineapple into small pieces and stir into the tapioca. Serve cold.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	3	15	1557	1575
Calories in a serving (2 $\frac{1}{2}$ oz.) .	2	1	97	100

PINEAPPLE FLUFF

1 cup chopped pineapple	2 egg-whites
2 tablespoons sugar	$\frac{1}{2}$ cup pineapple juice
2 tablespoons tapioca	1 cup whipped cream

Put the pineapple in a double boiler; add the tapioca and sugar and let cook for thirty minutes. Add beaten egg-whites and cook until set. Cool and serve with whipped cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	30	15	633	678
Calories in a serving (2 oz.) . . .	4	2	78	84

STEWED APRICOTS

$\frac{1}{2}$ pound apricots $\frac{1}{2}$ cup sugar

Wash the fruit, cover with cold water and soak several hours, or over night. (Long soaking improves all dried fruits.) Put to cook in enough water to cover, and bring to the boiling point. Drain and cover again with cold water. Cook slowly until the apricots are tender, then add the sugar. Cook for five minutes, stirring lightly. Serve cold.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	85	40	1595	1720
Calories in a serving (3½ oz.) .	7	3	140	150

GRAPE SAUCE

1 pound Concord grapes 1 cup water
 ½ cup sugar

Pick the grapes from the stems. Add the sugar and the water and cook gently until tender.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	22	19	805	846
Calories in a serving (3 oz.) . . .	2	2	93	97

QUINCE SAUCE

1 quart peeled and quar-
tered quinces2 quarts peeled and quar-
tered apples

2 cups sugar

Put the apples and quinces to cook in cold water to cover.
Add the sugar and cook until tender.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	39	119	3437	3595
Calories in a serving (3¾ oz.) .	1	3	91	95

CRANBERRY SAUCE

1 pint cranberries

1 cup sugar

1½ to 2 cups water

Pick over the cranberries very carefully, wash and put to cook in boiling water. Add the sugar and let cook slowly until the berries are soft and tender. The intense acidity of the berries may be partially obviated by parboiling them before cooking.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	5	18	1046	1069
Calories in a serving (3 oz.) . . .	1	2	157	160

VEGETABLE GELATINE DESSERTS

GENERAL DIRECTIONS FOR THE USE OF VEGETABLE GELATINE

SOAK the Vegetable Gelatine (agar agar) in warm water for twenty to thirty minutes. Remove from this water and put to cook in boiling water, three cups to the box, keeping covered while cooking. Let it boil eight to ten minutes, or until it is perfectly clear. Strain through a wire sieve, or strainer.

A box of the gelatine will solidify eleven cups or nearly three quarts of liquid, including the water in which it is cooked.

When a firm jelly which can be turned out of a mold is desired, use two cups of liquid to one cup of cooked Vegetable Gelatine (one-third box cooked in one cup of boiling water).

A more delicate jelly, which may be served in the dish in which it is cooled, is made by using two and one-half to two and three-fourths cups of liquid to one cup of cooked Vegetable Gelatine.

Vegetable Gelatine hardens in a few minutes at ordinary room temperature.

Do not remove the jelly from molds until ready to serve.

LEMON JELLY

$\frac{3}{4}$ cup lemon juice
 $1\frac{1}{4}$ cups sugar
 $1\frac{1}{2}$ cups cold water

$\frac{1}{3}$ box ($\frac{1}{4}$ oz.) Vegeta-
ble Gelatine
1 cup boiling water

Prepare the Vegetable Gelatine as directed. Add the sugar, the lemon juice, and the cold water to the cooked Vegetable Gelatine. Pour into molds which have been wet with cold water, and set in a cool place to mold. This may be served with whipped cream, as preferred.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	0	0	1206	1206
Calories in a serving (3 oz.) . . .	0	0	113	113

PINEAPPLE JELLY

2 cups pineapple	$\frac{1}{3}$ box ($\frac{1}{4}$ oz.) Vegeta-
$\frac{1}{2}$ cup lemon juice	ble Gelatine
$1\frac{1}{4}$ cups sugar	1 cup boiling water

Add the lemon and pineapple juices and the sugar to the Vegetable Gelatine, prepared as directed. Mold and serve as for Lemon Jelly.

Other flavors may be made by using grape, cherry, strawberry, blackberry, raspberry, or other fruit juices in the place of the pineapple.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	0	0	1362	1362
Calories in a serving (3 oz.) . . .	0	0	120	120

FRUIT JELLY

2 cups fruit juice	$\frac{1}{3}$ box ($\frac{1}{4}$ oz.) Vegeta-
1 cup sugar	able Gelatine
$\frac{1}{4}$ cup lemon juice	1 cup boiling water

Prepare the Vegetable Gelatine as directed. Drain and put to cook in the boiling water. Let boil five to ten minutes, or until perfectly clear, and strain into the fruit juice to which has been added the sugar. Stir until the sugar is

dissolved. Turn into molds wet with cold water and let stand until ready to serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	0	0	1111	1111
Calories in a serving (3 oz.) . . .	0	0	128	128

ORANGE JELLY

1½ cups orange juice ½ cup cold water
 ½ cup lemon juice ⅓ box (¼ oz.) Vegetable
 1¼ cups sugar Gelatine
 1 cup hot water

To the orange juice add the sugar, lemon juice, cold water, and the Vegetable Gelatine prepared as directed. Mold and serve as for Lemon Jelly.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	0	0	1317	1317
Calories in a serving (3 oz.) . . .	0	0	120	120

ORANGE MOLD

6 oranges Lemon Jelly or Orange Jelly

Line molds with thin slices of orange, and pour into them Orange Jelly or Lemon Jelly. Set on the ice until ready to serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	13	7	1405	1425
Calories in a serving (3 oz.) . . .	1	1	89	91

JELLIED FRUIT

½ cup grapes 1 banana
 ½ cup orange ½ cup grapefruit
 2 tablespoons lemon 3 doz. almonds
 juice ¼ oz. vegetable gelatin
 1 cup sugar 1½ cups water

Cut grapes in half and seed. Slice banana; blanch almonds and cut orange and grape-fruit from sections in about three-fourths-inch cubes. Mix, add sugar and lemon juice and strain into this the gelatin, dissolved in $1\frac{1}{2}$ cups water. Mold and serve with whipped cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	41	223	1194	1458
Calories in a serving (3 oz.) . . .	2	15	81	98

APRICOT JELLY

1 qt. can apricots	1 cup sugar
$\frac{1}{4}$ cup lemon juice	$\frac{1}{2}$ box ($\frac{1}{3}$ oz.) vegetable
1 cup water	gelatin

Wash, soak, drain and cook the vegetable gelatin in accordance with the general directions for the use of vegetable gelatin. Rub the apricots through a colander, add sugar and lemon juice, and strain into it the cooked vegetable gelatin; turn into sherbet glasses and let stand until set. Serve with a spoonful of whipped cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	62	80	2279	2421
Calories in a serving (3 oz.) . . .	4	5	156	165

BANANA MOLD

6 bananas	Lemon Jelly, or other fruit jelly
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Prepare a lemon, pineapple or other fruit jelly. Slice the bananas and line the molds into which the jelly is to be poured by pressing the bananas against the sides and bottom of mold. When the jelly has slightly cooled, turn

very slowly into the molds. When cold, turn out upon a dessert plate and serve with whipped cream, if preferred.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	19	21	1463	1503
Calories in a serving (3½ oz.).	1	1	111	113

JELLIED PEACH

6 peaches	¼ cup lemon juice
1 cup sugar	⅓ box (¼ oz.) Vegeta-
3 cups boiling water	ble Gelatine
3 dozen almonds	

Pare the peaches and cut into halves. Put the sugar into two cups of the water and heat to boiling, add the peaches and cook until tender. Remove, and place each half peach in a sherbet glass or mold.

Prepare a jelly, using the lemon juice and the peach juice, of which there should be one and one-half cups (if deficient, add water to make the required amount), and the vegetable gelatin, prepared as directed. After the jelly has cooled, and begins to thicken slightly, pour slowly into the glasses or molds. When it begins to set, add two or three blanched almonds, split into halves, to each glass.

Serve with whipped cream, if desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	48	285	1231	1564
Calories in a serving (4 oz.) . . .	4	23	103	130

JELLIED APRICOTS

1 quart can apricots	1 cup water
¾ cup sugar	⅓ box (¼ oz.) Vegeta-
1 tablespoon lemon juice	ble Gelatine

Prepare the vegetable gelatin as directed. Make a syrup of the sugar and the remainder of the water; boil two minutes, and add to the juice of the apricots. Strain the cooked vegetable gelatin, add the juices and the fruit. Turn into molds wet with cold water and let stand until ready to serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	16	0	997	1013
Calories in a serving (4 oz.) . . .	1	0	95	96

SPANISH CREAM

$\frac{1}{3}$ box ($\frac{1}{4}$ oz.) Vegetable Gelatine	3 egg-whites 3 egg-yolks
1 cup boiling water	$\frac{1}{2}$ cup sugar
3 cups hot milk	$\frac{1}{4}$ teaspoon salt
1 teaspoon vanilla	

Prepare the Vegetable Gelatin as directed. Cook uncovered until reduced to three-fourths of a cup. Strain and add to the hot milk. Add the sugar and pour this mixture over the well-beaten egg-yolks. Cook in a double boiler until slightly thickened, stirring constantly. Remove from the fire, add the salt and flavoring. Stir this into the stiffly beaten egg-whites, and turn all into a mold wet with cold water. It will become firm in about half an hour. Serve with whipped cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	159	414	592	1165
Calories in a serving (3 oz.) . . .	14	39	55	108

SALPICON OF FRUIT

$\frac{1}{2}$ cup strawberry juice	$\frac{1}{2}$ cup sugar
$\frac{3}{4}$ cup pineapple or orange juice	1 tablespoon lemon juice
	1 cup water
$\frac{1}{6}$ box ($\frac{1}{8}$ oz.) Vegetable Gelatine	

Drain the juice from a pint can of strawberries and from a quart can of pineapple. Measure. To these add one-half of the water, the lemon juice and the sugar. If the fruit juices are very sweet, less sugar will be required. Cook the vegetable gelatin, previously soaked and drained, in the remaining half of the water. Strain and add to the fruit juices, then turn into the stemmed sherbet glasses in which it is to be served. Decorate with triangular-shaped pieces of pineapple or orange arranged, while soft, on top of the jelly so as to point toward the center of the glass. A candied cherry in the center also adds to the attractiveness. This may be served as a first course, or as a light dessert.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	0	0	572	572
Calories in a serving (3½ oz.) .	0	0	142	142

ORANGE CHARLOTTE

⅔ box (½ oz.) vege- table gelatin	1 cup orange juice 3 tablespoons lemon juice and pulp
½ cup cold water	
1 cup sugar	3 egg-whites
Whipped cream from 2 cups of cream	

Soak gelatin in cold water, wash and cook until clear in ¾ cup of boiling water; strain and add sugar, lemon and orange juice. Chill in pan of ice water stirring constantly. When it begins to thicken, add the stiffly beaten egg-whites and fold in the cream. Turn mixture into a mold and chill.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	61	240	1007	1308
Calories in a serving (2 oz.) . . .	6	22	93	121

CUSTARDS AND COLD DESSERTS

GENERAL DIRECTIONS FOR CUSTARDS

CUSTARDS are of two kinds, Stirred, or Boiled Custards, and Set or Cup Custards—which are not stirred during the cooking.

Boiled, or Stirred Custards are always cooked in a double boiler.

Heat the milk, to shorten the time of cooking and lessen the liability to curdle. Beat the eggs slightly, sufficient only to blend the yolk and white. Mix the sugar thoroughly with the eggs, then pour on the hot milk, slowly, stirring constantly. Strain and cook; test as directed. As soon as done remove from the heat, set in a cold place or in a pan of cold water. If a soft custard is made stir until cooked, then cool and add the flavoring. Always serve cold.

TESTS FOR BEING DONE

First—Custard should bake until firm, or, if a soft custard, until thick.

Second—The froth of the milk disappears when done.

Third—If a soft custard, it coats the sides of the saucepan.

Fourth—If a soft custard, the mixture masks the back of a silver spoon.

Fifth—If a set custard, a silver knife upon penetrating the center of the custard will come out clear without any of the custard adhering to it, provided the skin of the custard is first broken before plunging the knife into it.

CUP CUSTARD

4 eggs 1/2 teaspoon salt
 1/2 cup sugar 1 quart milk (hot)
1/4 teaspoon nutmeg

Beat the eggs until the yolks and whites are well mixed, add the sugar, salt, and milk and stir until the sugar is dissolved, then strain into buttered cups or a baking dish. Sprinkle with nutmeg, and set in a pan of hot water. Bake in a moderate oven until set. The water must not be allowed to reach the boiling point, else the custard will whey. When the custard is firm, remove from the oven, lift the cups from the hot water and allow to cool.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	212	553	638	1403
Calories in a serving (3 1/4 oz.) .	17	45	51	113

COCOANUT CUSTARD

4 tablespoons shredded 2 cups milk
 cocoanut 2 tablespoons sugar
2 eggs

Put the cocoanut into the milk, place in a double boiler and steep twenty minutes. Strain and add the sugar. Beat the egg enough to blend the yolk and white perfectly, and pour the hot milk gradually into it. Strain again to remove small particles of the egg, pour into custard cups, place in a pan of hot water and bake in a moderate oven, taking care not to cook too rapidly. When cooked sufficiently (so that when pierced by a silver knife it does not adhere), remove at once from the heat and cool. Serve cold.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	120	570	267	957
Calories in a serving (3 oz.) . . .	18	85	40	143

CARAMEL CUSTARD

3 cups hot milk

1 cup cold milk

4 eggs

 $\frac{1}{2}$ cup sugar

Place one-half of the sugar in the saucepan directly over the flame, melt and slightly brown, without stirring taking care not to burn—it may be necessary to lift the pan from the flame occasionally. When thoroughly melted and slightly browned, add the hot milk to it *slowly*, stirring constantly. See that the caramel is thoroughly dissolved as the milk is added. Add the remainder of the sugar. Beat the egg slightly, add the cold milk; then the sweetened hot milk. Strain into custard cups or into a pudding dish. Set in a pan of hot water and bake in a cool oven until set. Serve cold.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	212	553	638	1403
Calories in a serving (3 oz.) . . .	16	41	48	105

BREAD CUSTARD

4 slices bread

4 cups milk

3 eggs

 $\frac{1}{2}$ cup sugar

1 teaspoon vanilla

Beat the eggs slightly, add the sugar, milk and vanilla. Arrange the bread in the bottom of the pan. Strain the custard mixture and pour over the bread. Place the pan in a larger pan of hot water, and bake slowly until set. Remove from the heat at once and cool.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	230	528	882	1640
Calories in a serving (3 oz.) . . .	16	38	63	117

BREAD AND BUTTER PUDDING

1 small loaf stale bread	$\frac{1}{2}$ cup sugar
2 tablespoons butter	$\frac{1}{4}$ teaspoon salt
3 eggs	1 quart milk

Remove ends from loaf, cut in $\frac{1}{2}$ inch slices, spread each slice with butter, using $\frac{1}{2}$ square for each slice, arrange in a buttered pudding dish, buttered side down. Beat egg slightly, add sugar, salt and milk. Strain and pour over bread. Bake one hour in a slow oven, covering the first half hour. Top should be well browned. Serve with Hard Sauce, Raisin Sauce or cream, $\frac{1}{4}$ cup seeded raisins may be sprinkled between layers.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	104	375	466	945
Calories in a serving (3 oz.) . . .	17	62	78	157

TAPIOCA CUSTARD PUDDING

$\frac{1}{3}$ cup tapioca	2 eggs
$3\frac{1}{2}$ cups milk	$\frac{1}{2}$ cup sugar
1 teaspoon lemon extract	

Put the tapioca to soak in cold water for several hours, drain and put to cook in three cups of hot milk. Cook in a double boiler until the tapioca is soft and transparent. Beat the eggs, add the sugar and the remaining half cup of milk. Turn the hot milk and tapioca into these ingredients. Add the lemon extract, turn into a baking dish and bake until set.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	152	423	882	1457
Calories in a serving ($2\frac{1}{2}$ oz.) .	10	30	64	104

QUEEN OF PUDDINGS

2 cups bread crumbs	2 tablespoons butter
1 quart hot milk	1 teaspoon vanilla
4 egg-yolks	4 tablespoons powdered
1 cup sugar	sugar
4 egg-whites	

Soak the bread crumbs in the hot milk fifteen minutes or until soft. Beat the yolks of the eggs and the sugar together, and add them to the crumbs, milk and butter. Mix thoroughly and add the vanilla. Pour into a buttered dish and bake in a moderate oven forty-five minutes or more. Whip the egg-whites until stiff and add the powdered sugar. This must not be done, however, until the pudding is ready to come from the oven. When the pudding is done spread over the top a layer of fruit jelly or jam and cover with the beaten egg-whites. Place in a moderate oven and bake until the meringue is set and nicely browned. Serve cold.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	254	787	1451	2492
Calories in a serving (3½ oz.) .	18	55	101	174

FRENCH FLOATING ISLAND

1 quart milk	1 teaspoon vanilla
2 tablespoons cornstarch	2 eggs
⅔ cup sugar	1 cup whipped cream

Moisten the cornstarch with a little of the cold milk. Heat the remainder of the milk and thicken with the cornstarch. Cook in double boiler thirty to forty minutes, add the sugar and turn the beaten eggs into it. When cool, add

the vanilla and serve in individual dishes. Serve a spoonful of whipped cream on each dish.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	177	661	886	1724
Calories in a serving (3 oz.) . . .	12	45	60	117

LEMON CREAM

1 pint milk
1 tablespoon cornstarch
1 egg
 $\frac{1}{3}$ cup sugar
Grated rind one lemon

Rub the cornstarch smooth with a little of the cold milk. Tie the grated lemon rind in a piece of cheese cloth and put this, with the remainder of the milk, into a double boiler and beat. Add the cornstarch and cook an hour or more. Remove the lemon rind. Beat the egg until the white and yolk are well blended. Add the sugar, a little at a time, to the egg, and, very gradually, pour the thickened milk into this. Cook again in a double boiler for a few minutes. Cool and serve in sherbet glasses or custard cups.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	83	226	433	742
Calories in a serving (3 oz.) . . .	13	36	68	117

LEMON FLUFF

$\frac{3}{4}$ cup minute tapioca
3 cups boiling water
 $\frac{1}{2}$ teaspoon salt
 $1\frac{1}{2}$ cups sugar
5 egg-whites
Juice of 3 lemons

Cook tapioca, sugar, salt and water together in a double boiler until clear, stirring often. Add juice of lemons just before removing from fire. Put mixture in shallow pan to cool. As soon as it begins to jelly, stir into it briskly the

well beaten whites of eggs. Beat until light. A little lemon extract may be added. Serve in sherbet glasses with whipped cream on top.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	72	4	1858	1934
Calories in a serving (2 oz.) . . .	5	0	128	133

BAKED CARAMEL CUSTARD

1 quart milk	2 eggs
$\frac{3}{4}$ cup sugar	3 tablespoons flour

Heat three cups of milk in a double boiler. Moisten the flour with a little of the cold milk, and add to the hot milk. Add the remainder of the cold milk to the beaten eggs and one-fourth cup of the sugar. Caramelize the rest of the sugar, and put into it the smallest amount of boiling water that will dissolve it. Add the hot milk to the caramelized sugar, then add this hot liquid to the eggs, stirring constantly. Turn into custard cups or a pudding dish and place in a pan of hot water. The water must be as deep in the pan as the custard is in the pudding dish. Bake in a moderate oven until set. Serve cold.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	175	454	931	1560
Calories in a serving (3 oz.) . . .	14	36	73	123

CORNSTARCH PUDDING

3 tablespoons cornstarch	1 egg
2 tablespoons cold water	3 tablespoons sugar
1 pint milk	$\frac{1}{2}$ teaspoon vanilla

Mix the cornstarch in cold water and pour into the hot milk; stir until it thickens, and cook in a double boiler one

hour or longer. Beat the egg, add the sugar and pour the hot mixture slowly over them. Return this mixture to the double boiler and cook until the egg thickens, stirring constantly. Add the vanilla and pour into molds that have been wet with cold water. Serve with cream, a Custard Sauce, a fruit sauce or with fresh fruit.

This Cornstarch Pudding may be made without eggs by using four tablespoons of cornstarch. An additional tablespoon of sugar may also be used, if desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	83	236	317	636
Calories in a serving (2½ oz.) .	10	29	40	79

CARAMEL CORNSTARCH PUDDING

1 tablespoon sugar (for caramel)	2 tablespoons water
¼ teaspoon salt	1 pint milk
4 tablespoons cornstarch	½ cup granulated sugar

Prepare a caramel by melting a tablespoon of granulated sugar. Stir over the fire until it becomes a dark brown, but clear color, taking care not to burn. Add, slowly, one-half cup boiling water and cook until the melted sugar is dissolved. (Caramel may be bottled up and kept indefinitely, to be used for coloring and flavoring.)

Heat the milk with the caramel in a double boiler. Mix the remaining sugar, salt and cornstarch and braid with the cold water. Stir the hot milk into the cornstarch, return to the double boiler and cook forty-five minutes. Turn into molds or into a large dish. Serve with whipped cream or plain cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	60	195	758	1013
Calories in a serving (2½ oz.) .	6	19	76	101

CHOCOLATE BLANCMANGE

2 cups milk	$\frac{1}{4}$ cup Cocoa
$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ cup cornstarch
$\frac{1}{2}$ teaspoon vanilla	

Blend the cornstarch with an equal amount of milk. Heat the remainder of the milk in a double boiler; add the Cocoa, sugar and vanilla, then the moistened cornstarch, stirring until the milk has thickened. Cook one to two hours in the double boiler. Serve with Custard Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	75	234	500	809
Calories in a serving ($3\frac{1}{2}$ oz.).	13	41	87	141

COCOANUT BLANCMANGE

4 tablespoons cornstarch	4 tablespoons sugar
$\frac{1}{2}$ cup shredded cocoanut	2 cups milk

Moisten the cornstarch with four tablespoons of milk. Steep the cocoanut with the remainder of the milk for twenty to thirty minutes, or until the flavor is entirely extracted from the cocoanut. Strain out the cocoanut, add the sugar and the moistened cornstarch. Stir until thickened, then cook in a double boiler one to two hours. Turn into individual molds wet with cold water or into a shallow, oblong pan and cut into squares. Serve with Fruit Sauce or Custard Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	74	494	545	1113
Calories in a serving (3 oz.) . . .	11	74	81	166

SNOW PUDDING

1 quart milk	$\frac{1}{2}$ cup cornstarch
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ teaspoon salt
4 egg-whites	2 teaspoons vanilla

Braid the cornstarch with some of the milk. Add the sugar to the remainder of the milk and heat to scalding in a double boiler. Add the braided cornstarch. Cook one to two hours. Beat the egg-whites stiff, then gradually add the hot mixture to them, beating it in thoroughly. Add the vanilla and salt. Pour into molds. Serve cold, with Raspberry Sauce, or Custard Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	250	458	718	1426
Calories in a serving ($2\frac{1}{2}$ oz.) .	15	28	45	88

DATE SURPRISE

1 tablespoon butter	4 tablespoons cornstarch
3 tablespoons sugar	1 cup chopped dates
1 quart milk	1 teaspoon almond extract
	$\frac{1}{2}$ teaspoon vanilla

Braid the cornstarch in a little of the cold milk. Heat the milk, butter and sugar in a double boiler and add the braided cornstarch. Cook twenty minutes. Add the chopped dates. Remove from the heat and add the almond and vanilla extracts. Serve with whipped cream with a seeded date on top.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	135	543	1033	1711
Calories in a serving (3 oz.) . . .	10	40	77	127

INDIAN TRIFLE

3 tablespoons cornstarch	3 cups milk
or rice flour	4 tablespoons sugar
3 tablespoons white	$\frac{1}{2}$ cup shaved citron
cornmeal	$\frac{1}{2}$ teaspoon cinnamon

Mix the cornstarch, or the rice flour, and the cornmeal. Scald the milk and pour slowly over the mixture. Stir over the fire until quite thick. Add the sugar, citron and cinnamon and cook in double boiler two to three hours. Turn into molds or a glass dish and serve with Custard Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	101	319	911	1331
Calories in a serving (3 oz.) . . .	10	31	91	132

PLAIN RICE PUDDING

5 cups milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup rice	$\frac{1}{3}$ cup sugar
Grated rind of $\frac{1}{2}$ lemon	

Wash the rice, mix the other ingredients and pour into a buttered dish. Bake three hours in a very slow oven, stirring three times during the first hour to prevent rice from settling. It should not brown the first hour. Stir at the end of the second hour, when the milk should be like thin cream. If this pudding is to be prepared more quickly use four cups of milk instead of five, but it is better to use five, and cook longer.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	201	493	986	1680
Calories in a serving (2 oz.) . . .	13	33	66	112

CREAM OF RICE PUDDING

1 quart milk

 $\frac{1}{2}$ cup sugar $\frac{1}{3}$ cup rice

1 egg

Cook the rice in the milk until it begins to get tender. Beat the eggs slightly, add the sugar and turn some of the cooked rice into this, stirring constantly. Turn the eggs back into the remainder of the rice and bake until set, taking care not to overcook. It should be creamy when done.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	177	434	941	1552
Calories in a serving ($3\frac{1}{4}$ oz.).	18	44	95	157

RICE PUDDING WITH ORANGE COMPOTE

 $\frac{1}{2}$ cup rice $\frac{1}{2}$ cup sugar $\frac{1}{2}$ cup boiling water $\frac{1}{2}$ teaspoon salt2 $\frac{1}{2}$ cups hot milk

1 teaspoon orange or

4 egg-yolks

vanilla flavoring

 $\frac{1}{2}$ teaspoon lemon juice

Wash the rice and add it to the boiling water. Let boil five minutes, then add the hot milk. Cook in a double boiler until dry and soft. Cream the egg-yolks and the sugar together. Add the salt, the lemon juice, and the flavoring, and fold into the rice. Cook eight minutes, stirring occasionally, very carefully. Chill and serve with Orange Compote.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	162	409	1024	1595
Calories in a serving (3 oz.) . . .	14	36	90	140

ORANGE COMPOTE

$\frac{1}{2}$ dozen oranges	2 cups sugar
$\frac{1}{2}$ tablespoon lemon juice	$\frac{1}{2}$ cup water

Put the sugar into the water, boil ten minutes and add the lemon juice. Peel the oranges deeply so as to remove all the white skin. Cut in halves lengthwise, and cut out the core with scissors or a sharp knife. Put a few halves at a time into the hot syrup. Cook two minutes. Place on a flat dish singly. Pour the remaining syrup over the oranges, and put the platter on ice. Serve a half orange with each individual serving. The oranges may be sliced, and cooked only a few seconds, if preferred.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	27	15	2220	2262
Calories in a serving (2 oz.) . . .	1	1	88	90

COMPOTE OF FRUIT WITH RICE

$\frac{1}{3}$ Steamed Rice recipe	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ cup pineapple juice	$\frac{1}{2}$ tablespoon cornstarch
$\frac{3}{4}$ cup boiling water	$\frac{1}{4}$ cup diced bananas
8 or 10 California cher- ries or Malaga grapes	2 tablespoons lemon juice
	$\frac{1}{2}$ cup diced pineapple

Braid the cornstarch in a little cold water. Stir into the boiling water and cook slowly for fifteen to twenty minutes (or, if possible, an hour or more in a double boiler). Add the sugar and the pineapple juice and re-heat. Add one-half cup of diced pineapple, eight to ten California cherries (canned or fresh) cut into small pieces, one-fourth cup diced bananas and two tablespoons lemon juice. Serve a spoonful of Steamed Rice in a stemmed

compote dish and on top of it place a generous spoonful of the fruit compote.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	56	17	1191	1264
Calories in a serving (5 oz.)	8	2	170	180

ORANGE FLUFF

$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup orange juice
5 tablespoons cornstarch	1 tablespoon lemon juice
1 pint boiling water	3 egg-whites

Mix the cornstarch and sugar. Stir into the boiling water and cook directly over the fire until it thickens. Put in a double boiler and cook from one to two hours. (Cornstarch cooked from one to two hours loses the raw taste which is objectionable to many people.) Add the fruit juice and pour over the beaten egg-white. Stir until thoroughly mixed, then pour into molds wet with cold water.

Sauce

$\frac{1}{4}$ cup butter	$\frac{3}{4}$ cup water
$\frac{3}{4}$ cup sugar	1 tablespoon cornstarch
3 egg-yolks	$\frac{1}{4}$ cup orange juice
1 tablespoon lemon juice	

Moisten the cornstarch with a little cold water and stir into one-half cup of the boiling water, set in a double boiler and cook one to two hours. Cream the butter and add the sugar gradually, then the egg-yolks, which have been beaten slightly, and the remaining one-quarter cup of boiling water. Turn all slowly into the cooked cornstarch, and cook until the egg thickens slightly. Remove from the fire and add the

orange and the lemon juice. Serve cold, over the Orange Fluff.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	97	50	670	817
Calories in a serving (3 oz.) . . .	11	5	77	93

SALTED ALMONDS

1 pint water 1 cup almonds
 ½ cup salt 2 teaspoons butter or oil

Blanch the almonds by immersing in boiling water until skins will slip off when pressed between the fingers. Remove the skins. Heat the salt and water and, when boiling, add the blanched nuts. Cook eight minutes. Drain, place them in a baking pan and put the butter or oil over them with a brush. Place in the oven and bake until a delicate brown. Stir frequently.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	102	950	118	1170
Calories in a serving (¼ oz.) . . .	4	39	5	48

CREAM PUFFS

1 cup hot water 1 ½ cups white flour
 ½ cup butter 5 eggs
 ½ teaspoon salt

Heat the butter and water to boiling. Add the flour, mixing thoroughly, and cook five minutes, stirring constantly, and set aside to cool. When cool add the unbeaten eggs, one at a time, and mix each thoroughly before another is added. Drop from a tablespoon upon a buttered baking sheet and bake in a moderate oven twenty-five minutes, or until light when lifted from the pan.

Filling for Cream Puffs

$\frac{1}{3}$ cup flour	$\frac{7}{8}$ cup sugar
2 cups hot milk	$\frac{1}{8}$ teaspoon salt
2 eggs	1 teaspoon vanilla
$1\frac{1}{2}$ teaspoons butter	

Moisten the flour with a little cold milk, and add this to the hot milk. Cook fifteen to twenty minutes in a double boiler. Beat the eggs, sugar and salt together. Stir the hot liquid into them, a little at a time. Return to the double boiler and cook until the egg thickens. Add the butter and remove from the heat. Cool and add the flavoring. Put into Cream Puffs by removing a portion of the top, leaving it attached at one side, and fill with a spoon or with a pastry tube.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	313	1423	1526	3262
Calories in a serving (2 oz.) . . .	19	89	95	203

PINEAPPLE CREAM DESSERT

$\frac{1}{2}$ cup rice	1 cup whipping cream
2 slices Hawaiian pineapple	2 tablespoons sugar

Boil the rice until tender, but not broken. Drain, dry for about five minutes in a moderate oven, and cool. Stir the rice occasionally as it is cooling to prevent its packing. When cool add the pineapple—cut into small pieces—and the sugar. When cold, whip the cream until stiff. Fold the whipped cream into the mixture and serve.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	76	391	816	1283
Calories in a serving (3 oz.) . . .	7	39	81	127

MAPLE MARGUERITES

1 egg-white	½ cup water
1½ cups brown sugar	¼ to ½ teaspoon maple
¼ cup chopped walnut	flavoring
meats	Crackers

Boil the sugar and water together until it threads or, when dropped into cold water, will form a soft ball. Allow the syrup to cool for a moment or two, add the flavoring, and then turn over the stiffly beaten egg-white and continue beating until of the proper consistency to spread. Add half of the nuts, and drop by spoonfuls upon the crackers. While still fresh, sprinkle over the remainder of the chopped nuts.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	131	388	1985	2504
Calories in a serving (1 oz.) . . .	6	17	90	113

APPLE SNOW BALLS

1½ cups rice	6 to 8 apples
3½ quarts water	2 tablespoons sugar
3½ teaspoons salt	1 teaspoon cinnamon

Cook the rice in boiling, salted water, drain and dry. Wash, core and pare the apples. Wring out small pudding cloths, or squares of cheese cloth, out of hot water; spread the rice one-third over the cloth and place an apple with one teaspoon of sugar and one-sixth teaspoon of cinnamon in the center of each. Draw up the cloth around the fruit until it is covered with rice. Tie in the apples, being careful not to have the rice and cloth in folds, and steam until the fruit is tender, which will require one-

half to three-fourths of an hour. Serve with Lemon Sauce or cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	166	52	2007	2225
Calories in a serving (5½ oz.) .	6	2	85	93

ANGEL FOOD PUDDING

Prepare and bake an Angel Food Cake (See Angel Food Cake). Cut into squares with a sharp knife and serve with the following custard between the layers and on top. Whipped cream may be added, if desired.

Custard

6 egg-yolks	1 cup sugar
2 tablespoons cornstarch	1½ pints milk
1 cup chopped almonds	

Heat the milk in a double boiler, add the cornstarch and sugar previously braided with a little cold milk. Cook for fifteen minutes. Beat the egg-yolks until well blended and add to the mixture. Cook until the eggs thicken; add the chopped nuts while the custard is hot.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	392	1962	6129	8483
Calories in a serving (5 oz.) . . .	24	121	378	523

CREAM TAPIOCA PUDDING

1 quart milk	2 eggs
4 tablespoons minute tapioca	½ cup sugar
	¼ teaspoon salt

Heat the milk in the double boiler; add the tapioca and salt and cook for fifteen minutes. Beat the egg-yolks and sugar together and stir into the hot mixture. Cook until it

begins to thicken like custard; remove from the fire, pour into the dish and fold in the stiffly beaten egg-whites. Add any flavoring desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	167	472	839	1478
Calories in a serving (2½ oz.).	10	29	52	91

DUCHESS CREAM

½ cup tapioca	¾ cup pineapple diced
1 orange	1 cup sugar
2 egg-whites	1 ¾ cups pineapple juice
1½ cups water	½ teaspoon salt
1 cup whipped cream	

Soak pearl tapioca over night in one cup water. Drain next morning. Put tapioca to cook in double boiler with one-half cup water, sugar, salt and juices and cook until transparent. Dice the pineapple and orange. Cool tapioca, add fruit. Fold in the stiffly beaten eggs and just before serving add the whipped cream. Garnish with maraschino cherries.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	47	224	1682	1953
Calories in a serving (3½ oz.).	4	19	140	163

FROZEN DESSERTS

GENERAL RULES FOR FREEZING

SCALD and chill the can, cover and dasher of the freezer. Adjust the can carefully in the tub. Pour in the mixture, put in the dasher, cover, adjust the crank and pack with finely chopped ice and coarse salt. Use three times as much ice as salt for freezing. The ice and salt must be higher around the can than the mixture to be frozen is within the can.

In freezing milk or cream mixtures the crank should be turned slowly and steadily; in freezing sherbet the crank should be turned rapidly and steadily; in freezing water ice or frozen fruit, turn the crank steadily five minutes; allow it to stand five minutes; turn again five minutes and continue until freezing is completed.

When mixture is frozen, remove ice and salt from around the top of the can; wipe cover and top; uncover and remove dasher; then beat frozen mixture thoroughly with wooden spoon or paddle; place paraffin paper or heavy paper over can; cover and put a cork in the hole in the lid. Drain off all the water which has collected during the freezing (which should not be removed until freezing is completed); repack the freezer, using four times as much ice as salt. Put ice and salt over the top and cover with carpet, blanket or newspaper, allowing it to stand in a cold place several hours.

A tightly covered tin can and a wooden pail may be substituted for an ice cream freezer, using a wooden spoon or paddle to scrape the mixture from the sides and bottom of the can as it freezes.

In preparing frozen fruit or water ice, the sugar and water should be made into a syrup, which should be boiled five minutes, then strained.

STRAWBERRY SHERBET

4 cups crushed strawber- ries or strawberry juice	1 quart water
2½ to 3 cups sugar	⅔ box (½ oz.) Vege- table Gelatine
1 cup lemon juice	4 egg-whites

Crush the strawberries and add the sugar, lemon juice, and one pint of water. Prepare the Vegetable Gelatine according to General Directions for the Use of Vegetable Gelatine. Strain and add to the crushed berries. Turn into a freezer and stir about five minutes. Beat the egg-whites stiffly and, when the mixture is beginning to freeze, fold in the egg-whites. Continue freezing.

If preferred, the vegetable gelatine may be omitted. In that case, add a quart instead of a pint of water to the crushed berries. Other fruits may be used in place of the strawberries.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	129	67	2724	2920
Calories in a serving (3 oz.) . . .	5	2	109	116

LEMON SHERBET

1⅔ cups lemon juice	7 cups water
2¾ cups sugar	1 box Vegetable Gelatine
	4 egg-whites

Prepare the Vegetable Gelatine according to General Directions for the Use of Vegetable Gelatine. While this is cooking, put together the lemon juice, sugar and one quart of water. Strain the Vegetable Gelatine through cheese cloth

or a sieve, and add to the mixture. Put into the freezer until thoroughly chilled, but not congealed. Then add the stiffly beaten egg-whites and continue freezing.

If preferred, the Vegetable Gelatine may be omitted. In that case, add the seven cups of water to the sugar and boil for a few minutes. Then add the lemon juice and put into the freezer until just beginning to freeze. Then add the stiffly beaten egg-whites and continue freezing.

The above amount will make one gallon.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	129	67	1714	1910
Calories in a serving (3 oz.) . . .	4	2	61	67

PEAR SHERBET

2 quarts pear juice $\frac{2}{3}$ cup sugar
1 quart water $\frac{1}{2}$ box ($\frac{1}{3}$ oz.) Vegetable Gelatine

Cook the Vegetable Gelatine in one pint of water according to General Directions for the Use of Vegetable Gelatine. Dissolve the sugar in the water and pear juice and strain into the mixture the Vegetable Gelatine. This quantity makes 1 gallon. Freeze. Any other fruit juice may be used in place of the pear juice.

place of the pear juice.	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	22	48	1923	1993
Calories in a serving (3 oz.) . . .	1	1	57	59

MINT SHERBET

1 quart water	Whites of 2 eggs
5-7 good sized sprigs of mint	¼ oz. Vegetable Gelatine
⅓ to ½ cup lemon juice	1½ cups sugar
	1½ tablespoons powdered sugar

Scant cup water

Boil sugar and one quart of water; add mint, cover and let stand for ten minutes; strain and add gelatine prepared with one cup of water. When cool add the lemon juice. Turn into the freezer and chill thoroughly. Add whites of eggs beaten with the powdered sugar and finish freezing.

If desired, the vegetable gelatine may be omitted, in which case five cups of water instead of one quart is used.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	29	1	1470	1500
Calories in a serving (2 oz.) . . .	1	1	58	60

GRAPE SHERBET

1 quart grape juice	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ cup lemon juice	2 cups cream

Add the sugar to the grape and lemon juices. Stir until the sugar is dissolved. Turn into a freezer and chill. When beginning to freeze add the cream and continue to turn until firm.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	45	758	4112	4915
Calories in a serving (3 oz.) . . .	2	42	229	273

MILK SHERBET

1 quart milk	2 cups sugar
$\frac{1}{2}$ cup lemon juice	

Add the sugar to the milk and stir until dissolved. Have the freezer ready packed with salt and ice. Just before turning the sugar and milk into the freezer add the lemon juice and stir. If the milk curdles it will come smooth in the

freezing. Do not let this mixture stand in the freezer long after freezing. Unless certified milk is used, the milk should be scalded and then cooled.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	120	391	2051	2562
Calories in a serving (3½ oz.) .	8	26	138	172

PEACH SHERBET

1 quart peach purée	¼ cup lemon juice
1½ cups orange juice	1 cup water
1½ cups sugar	2 egg-whites

Select fresh, ripe peaches, pare and put a sufficient number through a colander to make one quart. To this add the orange juice, sugar, lemon juice and water. Turn into the freezer and chill thoroughly, then add the stiffly beaten egg-whites and continue freezing.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	87	40	1927	2054
Calories in a serving (3½ oz.) .	5	2	119	126

CRANBERRY SHERBET

1 egg-white	3 pints water
4 cups sugar	Juice 1 lemon
2 quarts cranberries	

Sort the berries carefully, cover with hot water and let cook until tender. Strain through a colander or sieve sufficiently fine to exclude the seeds. Add the sugar and cook until dissolved, then add the lemon juice and turn into a freezer. When the ingredients are thoroughly chilled add the beaten egg-white and continue freezing. This sherbet should not be allowed to stand in the freezer.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	51	88	4186	4325
Calories in a serving (3½ oz.) .	1	2	114	117

PINEAPPLE FRAPPE

2 cups water	2 cups ice water
1 cup sugar	1 can grated pineapple or
Juice 3 lemons	1 pineapple, shredded

Make a syrup by boiling the water and sugar together fifteen minutes. Add the pineapple and lemon juice. Cool, strain, add ice water and freeze to a mush, using equal parts salt and ice. If fresh fruit is used, more sugar will be required.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	4	28	1620	1652
Calories in a serving (3½ oz.) .	1	2	93	96

GOLDEN PARFAIT

7 cups cream	1½ cups sugar
10 egg-yolks	1 teaspoon vanilla

Beat the egg until light and lemon colored; add one-half of cream and heat slowly to 160 degrees F. Add remainder of cream, sugar and vanilla. Cool and freeze.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	266	3151	1543	4960
Calories in a serving (3 oz.) . . .	11	129	63	203

BURNT WALNUT BISQUE

1 quart cream	1 pint milk
1½ cups sugar	3 eggs
1 tablespoon flour	1½ teaspoons salt
½ tablespoon vanilla	1 cup chopped walnuts

Mix flour and one half of the sugar. Heat the milk and cream in a double boiler and pour over the flour and sugar. Add the salt. Place over the fire and stir until thickened.

Beat the eggs slightly and add to the mixture, stirring meanwhile. Cook in a double boiler a few minutes to coagulate the egg. Caramelize the remainder of sugar and add slowly to the hot custard. Cool and freeze. Just before the freezing is complete, add one cup of chopped walnut meats. Finish freezing.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	294	2331	1583	4208
Calories in a serving (3½ oz.) .	16	129	88	233

RASPBERRY SYLLABUB

½ cup sugar (4 oz.)	2 cups double cream
1½ cups strained pulp and juice of red raspberries	¼ cup lemon juice 2 egg-whites

Mix the raspberry pulp, juice, sugar and lemon juice and fold in the stiffly beaten whites of the eggs. Whip the cream and fold into the fruit mixture. The bowl in which the mixture is beaten should be surrounded by crushed ice and salt mixture. Serve very cold.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	75	931	560	1566
Calories in a serving (2 oz.) . . .	4	52	34	90

PINEAPPLE CREAM

2 cups water	1 pint grated pineapple
1 cup sugar	2 tablespoons lemon juice
2 cups whipped cream	

Make a syrup of the sugar and water, add the grated pineapple, and lemon juice. Freeze slightly, then add the whipped cream and continue freezing.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	26	406	1614	2046
Calories in a serving (3 oz.) . . .	1	25	101	127

YOGURT ICE CREAM

3 cups Yogurt buttermilk 1 cup water
 5 cups cream ½ cup orange rind (very
 ¼ teaspoon salt thin)
 1 cup pineapple juice 1 cup orange juice
 1 ¾ cups sugar ¼ cup lemon juice
 1 cup grated pineapple

Make a syrup of the sugar, water and orange rind. Mix the fruit juices, grated pineapple, salt and buttermilk. Pour the syrup through a strainer into this. Mix well, freeze slightly, add the cream, and finish freezing.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	212	1927	2477	4616
Calories in a serving (4 oz.) . . .	8	72	93	173

ORANGE WATER ICE

1 quart water 2 cups orange juice
 2 cups sugar ¼ cup lemon juice
 Chipped rind of 2 oranges

Scrub the oranges thoroughly. Chip off the pieces of rind with a knife, being careful not to get any of the white portion. Prepare a syrup from the water and sugar and let the orange rind boil in it. Strain through a cheese cloth and add to the fruit juices. Chill and freeze.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	0	0	2023	2023
Calories in a serving (3½ oz.) .	0	0	103	103

FROZEN PEACHES

2 quarts fresh ripe peaches
2 cups sugar

Juice 1½ lemons
1 quart water

Scald the peaches. Remove the skins and the pits and rub the fruit through a colander. Boil the sugar and water together for five minutes and let cool. Add the peach pulp and the lemon juice to the syrup. Turn into a freezer. Stir until firm.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	29	8	2362	2399
Calories in a serving (3½ oz.) .	1	1	89	91

GRAPE JUICE PARFAIT

Boil one cup sugar and one-half cup grape juice until it threads, then pour in a fine stream into two egg-whites, beaten until stiff. Chill.

Add one-half cup grape juice and one tablespoon lemon juice to 2 cups heavy cream and fold into first mixture. Pack for four hours in salt and ice.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	75	759	1183	2017
Calories in a serving (2½ oz.) .	5	56	87	148

PRUNE PARFAIT

1 cup prune purée
¾ cup sugar
1 cup prune juice

Juice of ½ lemon
White of 2 eggs
1½ cups double cream

Pour off the juice from stewed prunes and measure out one cup of it. Remove the stones from the prunes and rub them through a colander using a sufficient number to make one cup of the purée. Cook the sugar and prune juice until the syrup forms a soft ball. Pour in a fine stream upon

NEW YORK ICE CREAM

Make a custard by turning two cups of scalded milk slowly over one cup of sugar and the beaten yolks of 6 eggs.

Cook over hot water until the mixture coats a silver spoon. When cool, add two cups heavy cream, whipped; 1 tablespoon vanilla and a few grains of salt. Chopped nuts or fruits may be added to mixture if desired. Freeze and pack.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	159	1209	1085	2453
Calories in a serving (3 oz.) . . .	11	84	76	171

BAKED APPLE ICE CREAM

8 medium-sized tart apples	2 cups cream
$\frac{3}{4}$ cup sugar	1 cup milk
$\frac{1}{2}$ teaspoon almond extract	$\frac{1}{8}$ teaspoon salt

Bake apples, remove contents, excluding cores and skins, and force through colander. To the pulp add the milk, cream, sugar and flavoring. Freeze.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	88	823	1348	2259
Calories in a serving (3 oz.) . . .	6	60	96	162

VANILLA OR JUNKET ICE CREAM

2 quarts milk	$1\frac{1}{2}$ cups sugar
1 pint cream	2 tablespoons vanilla
2 teaspoons rennet	

Heat the milk to luke warm, add the sugar, stir in the rennet and put in a warm place until set; chill; add the vanilla and cream and freeze in the usual way. Two junket

tablets may be used instead of the rennet. They should be crushed and dissolved in two tablespoons of water. Chocolate or any desired flavoring may be added.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	226	1407	2015	3648
Calories in a serving (3 oz.) . . .	7	46	66	119

NOUGAT ICE CREAM

6 cups cream	1 teaspoon rennet or 1 junket
3 cups milk	tablet
1 1/2 cups sugar	1/4 teaspoon salt
1/2 cup chopped almonds	1/2 cup chopped pecans
	1/2 cup chopped filberts

Heat the milk to lukewarm: add the rennet, or junket tablet, dissolved in 2 tablespoons of lukewarm water. Set in a warm place until the milk becomes like custard; cool and add the cream, salt and sugar. Turn into the freezer and when about half frozen add the chopped nuts.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	289	2976	1822	5087
Calories in a serving (2 1/2 oz.) .	8	83	51	142

GINGER ICE CREAM

2 cups cream	1 tablespoon flour
1 cup milk	1 egg-yolk
1/2 cup sugar	1 teaspoon vanilla
1/4 cup preserved Canton Ginger	1/8 teaspoon salt

Heat the milk and thicken with the flour, braided with a little cold milk. Cook in double boiler 20 minutes. Beat the egg-yolk and pour slowly into it the thickened milk. Return to double boiler and cook for 3 to 5 minutes until the mix-

ture thickens. Strain, add the sugar, salt and ginger. The measure of ginger should include not only the chopped ginger root but some of the syrup. Cool the mixture and add cream and vanilla. Freeze according to the General Directions for Freezing.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	88	899	751	1738
Calories in a serving (3 oz.) . . .	9	90	75	174

PEACH ICE CREAM

2 cups cream	$\frac{3}{4}$ cup sugar
1 cup milk	1 tablespoon flour
1 cup peach pulp	1 egg-yolk

Wash, peel and mash sufficient ripe peaches to make one cup of pulp. Braid the flour with a little of the cold milk. Heat the remainder of the milk in a double boiler and thicken with the braided flour. Cook twenty minutes and turn slowly over the beaten egg-yolk. Return to the double boiler for about five minutes. Strain, add sugar and cool. Then add the cream and the peach pulp. Turn into a scalded and cooled can and freeze. Canned or preserved peaches may be used instead of the fresh ones. The sugar should then be decreased according to the sweetness of the cooked fruit.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	93	881	933	1907
Calories in a serving (3 oz.) . . .	6	59	63	128

NEWPORT DATE ICE CREAM

1 quart milk	1 tablespoon lemon juice
1 pint cream	1 tablespoon orange juice
1 $\frac{1}{2}$ cups sugar	$\frac{3}{4}$ pound seeded dates
4 eggs	

Beat the eggs, add milk and sugar and turn into a double boiler to heat. Stir until of the consistency of a soft custard; remove from the flame and cool as quickly as possible. Wash, seed and chop the dates. Add juices to dates, combine with custard mixture and freeze.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	300	1393	2611	4304
Calories in a serving (3 oz.) . . .	11	52	97	160

PASTRY AND PIES

BECAUSE of the large amount of fat usually used in its preparation, pastry rightly deserves the reputation it has gained of being a rich and oftentimes indigestible dessert.

The heavy, under-done lower crust is also an objectionable feature but these faults may be obviated by the proper selection and manipulation of materials.

When practical, the under crust should be baked before filling. This applies to pies with a single crust and with a cooked filling such as lemon, cocoanut cream, etc.

Pies with an under crust only, and an uncooked filling, may usually be partially cooked before filling.

Pies made with two crusts may have the lower crust protected by glazing it with slightly beaten egg-white diluted with a tablespoon of water. It should then be placed in the oven for two or three minutes to harden the egg. This prevents soaking of the crust.

Pastry or winter wheat flour is preferable for crusts. Butter and cream are undoubtedly the most easily digested fats. Nut meal, finely ground nuts, is also an excellent fat, but oils and the semi-solid vegetable fats make more flaky crusts. A combination of butter, for flavor, and a vegetable fat, for texture, makes a nice pastry.

Granola, a thoroughly cooked cereal, may be moistened with cream and pressed into shape for an under crust, where only a single crust is desired and a thickened filling is used. This crust makes it possible for invalids to enjoy pie when otherwise they would be deprived of it.

All materials should be as cold as possible when mixed. The fat may be mixed with the flour by one of three

methods: by chopping the fat into the flour with a knife; by working it in with a spoon, pressing the materials against the sides of the bowl; or by working it in with the finger tips. The first two methods are preferable, as the heat from the hands warms the materials.

Mix the materials by pouring the cold water or cream slowly into the flour and butter, mixing a small amount at a time. Then press these soft masses together, turn out upon a slightly floured board and roll *lightly* in one direction only, if possible: Do not roll back and forth or turn the dough over. Roll on one surface only. Manipulate the dough as little as possible, otherwise it will be tough.

Fit the dough closely to the pie tin and prick the bottom with a fork to prevent puffing. A perforated pie tin insures a more thoroughly baked crust.

NUT MEAL PASTRY

1 1/2 cups white flour

3/4 cup cream

1 cup Nut Meal

1/4 teaspoon salt

Mix the flour, salt and Nut Meal together. Add the cream gradually, forming the ingredients into small masses. Press these together. Roll out and bake according to directions for plain pastry.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	416	754	616	1786

PLAIN PASTRY

1 1/4 cups pastry flour

1/3 to 1/2 cup butter

1/4 teaspoon salt

1/4 cup ice water

All the materials must be as cool as possible. Sift the salt into the flour. Rub in the butter with a knife, spoon or the tips of the fingers. Add the ice water, a little at a

time, making tiny, soft masses, and press these little masses together. Toss upon a floured board, and roll out with as little manipulation as possible. It should be rolled forward only, not back and forth, and on one side only.

If two crusts are used, the lower one should be moistened around the edge with cold water, then a half-inch strip of pastry should be placed around the edge of the under crust. This strip should also be moistened, and the upper crust placed over the pie and pressed slightly around the edge.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	63	597	435	1095

GRANOLA CRUST

$\frac{3}{4}$ cup Granola

$\frac{1}{3}$ cup cream

Have ready all of the materials and the utensils before beginning to make this crust. Stir the cream into the Granola and turn immediately into the pie tin. With a spoon push the materials into place, shaping them to the pan. Do not wait for the Granola to take up the cream before beginning to shape it, otherwise it will be too dry to manipulate before it is finished. The Granola is a thoroughly cooked preparation, hence needs no further cooking. The filling may be placed in the shaped crust and baked ten to fifteen minutes in order to thoroughly heat all the materials. This recipe is especially desirable for invalids.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	77	131	396	604

APPLE PIE

5 medium-sized apples

Flavoring

 $\frac{3}{4}$ cup sugar

1 tablespoon butter

Plain Pastry or Nut Meal Pastry

Wipe and cut tart apples into eighths; remove the cores and skins. Vary the amount of sugar according to the acidity of the apples, using two tablespoons or more for an apple. If the apples are not juicy, add from one-half tablespoon to one tablespoon water, according to the size of the apple. The apples may be flavored with lemon juice, cinnamon, or nutmeg, and should be covered with bits of butter.

Bake until the apples are soft and the crust is brown.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	70	618	1156	1844
Calories in a serving ($4\frac{2}{3}$ oz.).	11	103	193	307

LEMON PIE

1 cup flour

Juice and rind 2 lemons

2 cups sugar

2 tablespoons powdered

2 cups boiling water

sugar

2 egg-yolks

2 egg-whites

3 tablespoons butter

Pastry

Beat the yolks of eggs until light. Mix the sugar and flour together. Add the boiling water slowly. Cook twenty minutes, stirring frequently. Add the mixture to the eggs. Add butter and lemon and cook until the egg thickens. Cool slightly. Turn the mixture into a Granola Crust or into a lightly baked crust of Plain Pastry. Cover with a

meringue made from the whites of the eggs and the powdered sugar and bake until a delicate brown. This amount makes one pie.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	134	829	1477	2440
Calories in a serving (5 oz.) . . .	22	133	255	410

PUMPKIN PIE

1 cup baked pumpkin	$\frac{1}{4}$ teaspoon cinnamon
2 cups milk	$\frac{1}{4}$ teaspoon nutmeg
$\frac{1}{2}$ cup brown sugar	$\frac{1}{4}$ teaspoon salt
1 tablespoon molasses	2 eggs

Pastry

Cut the pumpkin into halves, remove the seeds and place in the oven to bake till tender. Scrape out the cooked pumpkin, avoiding the skin formed by baking. Mash and add the sugar, molasses, and seasonings. Beat the egg slightly, add the milk and turn into the seasoned pumpkin. Line the pie tin with any preferred pastry. Partially bake the crust and turn into it the pumpkin mixture. Place in a moderate oven and bake until set. Steamed or canned pumpkin may be used, but should be placed in the oven and baked until quite dry before using.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	149	577	834	1560
Calories in a serving (6 oz.) . . .	25	96	139	260

CHERRY PIE

1 pint canned or stewed cherries (drained)	$\frac{1}{2}$ cup cherry juice 4 tablespoons flour
1 egg-white	$\frac{1}{2}$ to $\frac{3}{4}$ cup sugar

Plain Pastry or Nut Meal Pastry

Prepare Plain or Nut Meal Pastry and line the pie tin. Glaze the bottom of the crust with the beaten egg-white. Put in the oven for from three to five minutes to set the egg. Sift the flour and sugar together. The amount of sugar needed will depend upon the amount used in the cooked fruit. Sprinkle a layer of the flour and sugar over the pie crust. Fill with the canned fruit and over the top of this sprinkle the remainder of the flour and sugar. Put on the top crust, pinch the edges together, and bake in a hot oven until nicely browned. Other fruits may be used in the same way.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	94	603	1402	2099
Calories in a serving (5½ oz.) .	15	101	234	350

BERRY PIE

Use the same proportions and follow the directions given for Cherry Pie. Less sugar will be needed for the less acid berries.

Calories: Same as for Cherry Pie.

SANITARIUM MINCE PIE

4 cups chopped apples	1 cup raisins
2 cups minced Protose	½ cup molasses
½ cup prune marmalade	½ cup sugar
6 cups apple juice	¼ cup butter
⅓ teaspoon cinnamon	⅓ teaspoon nutmeg

Pastry for three pies

Boil the apple juice down to make one and one-third cups. Prepare the marmalade by putting stewed prunes that have been cooked quite dry through a colander. Pare and chop the apples, mince the Protose, stem the raisins and wash in hot water. Drain and add to the apples and Protose, then add the prune marmalade, molasses, sugar, seasonings, and lastly, the butter. Cook about one hour or more in a double boiler, or until the apples are tender.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	416	2223	3993	6632
Calories in a serving (5 oz.) . . .	17	93	165	275

DATE CREAM PIE

1 pint milk

2 eggs

 $\frac{1}{2}$ pound dates

Pastry

Wash the dates in cold water. Seed and wash in hot water. Put to cook in a small quantity of hot water and let simmer until the dates are thoroughly softened. When tender and quite dry rub through a colander. Beat the eggs slightly, add the milk (preferably hot) and stir into the dates. Line the pie tin with any preferred pastry. Fill with the date mixture and bake until set. A little cinnamon and nutmeg may be added if desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	156	633	1023	1812
Calories in a serving (5 oz.) . . .	26	105	171	302

VANILLA CREAM PIE

2 cups milk	$\frac{1}{8}$ teaspoon salt
$\frac{1}{2}$ cup flour	$1\frac{1}{2}$ teaspoons vanilla
$\frac{1}{2}$ cup sugar	2 egg-whites
1 tablespoon butter	2 tablespoons powdered
2 egg-yolks	sugar

Pastry

Scald the milk. Mix the dry ingredients together. Add the scalded milk slowly, stirring all the time. Return to the double boiler and cook twenty to twenty-five minutes, stirring often. Beat the yolks of the eggs. Add to them slowly the cooked mixture. Return to the double boiler and cook until eggs thicken. Add the vanilla and salt and pour into a baked crust. Make a meringue of the stiffly beaten egg-whites and the powdered sugar. Place on top of the filled pie. Bake in a moderate oven until the meringue is set and nicely browned.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	162	690	995	1847
Calories in a serving (5 oz.) . . .	27	115	166	308

COCOANUT CREAM PIE

1 pint milk	2 egg-yolks
$\frac{1}{2}$ cup cocoanut	2 egg-whites
$\frac{1}{2}$ cup flour	2 tablespoons powdered
$\frac{1}{4}$ cup sugar	sugar

Steep the cocoanut in one and one-half cups of the milk for twenty minutes. Strain, and thicken with the flour, rubbed smooth with the remainder of the milk. Cook at least twenty minutes in a double boiler. Beat the egg-yolks and gradually stir into them the thickened milk, stirring mean-

while. Return to double boiler and cook until thickened. Cool slightly and turn into a baked crust.

Make a meringue of the egg-whites and powdered sugar. Spread or pile unevenly over the filling. Bake in a moderate oven until set and nicely browned.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	190	1168	911	2269
Calories in a serving (4 oz.) . . .	31	195	152	378

NEW ENGLAND APPLE CREAM PIE

1 teaspoon lemon juice	½ teaspoon grated lemon
2 cups diced apples	rind
1 cup water	2 egg-whites
2 egg-yolks	Plain Pastry or Granola
½ cup sugar	Crust
1 cup cream	2 tablespoons powdered sugar

Cook the apples with the lemon rind in the water until quite dry. Add the sugar, lemon juice, the beaten egg-yolks and the cream. Turn into a Plain Pastry or Granola Crust and bake until set. Make a meringue of the egg-whites and the powdered sugar and cover the pie with this. Bake in a moderate oven until set and nicely browned.

Tart apples are best for this pie.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	105	773	867	1745
Calories in a serving (4 oz.) . . .	17	129	145	291

ORANGE PIE

1½ cups milk	¾ cup orange juice
1½ cups sugar	2 egg-yolks
½ cup flour	2 egg-whites
Rind 1 orange	2 tablespoons pulverized
Pastry	sugar

Heat milk to scalding, reserving one-half cup with which to moisten the flour. When thoroughly mixed, add to the scalding milk and cook until thickened. Add sugar, grated rind, the egg-yolks, and the orange juice. Put into tins lined with pastry. The crust may be partially baked before the filling is put in. Bake until set. Make a meringue by beating the egg-whites stiff and adding the pulverized sugar. Then replace in oven for a few minutes until meringue is set.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	146	452	1100	1698
Calories in a serving (4 oz.) . . .	24	75	184	283

PINEAPPLE PIE

$\frac{3}{4}$ cup pineapple juice	4 tablespoons flour
$\frac{3}{4}$ cup water	2 egg-yolks
1 cup chopped pineapple	2 egg-whites
Juice $1\frac{1}{2}$ lemons	2 tablespoons powdered
4 tablespoons sugar	sugar

Pastry

Mix the flour smooth with a little of the pineapple juice. Put the remainder of the juice, water and sugar over the fire. When hot stir the braided flour into it, and cook until thickened. Then add the lemon juice. Pour the hot mixture over the well beaten egg-yolks, stirring continuously. Replace over the fire and cook until the eggs are thickened. Line a pie tin with any preferred pastry and fill the crust with the filling. Make a meringue of the stiffly beaten egg-whites and the powdered sugar and pile, by spoonfuls, upon the filled pie. Set in a moderate oven and cook slowly until the meringue is set.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	92	396	1071	1559
Calories in a serving ($4\frac{1}{3}$ oz.) .	15	66	178	259

APPLE TART

1 quart quartered apples

$\frac{2}{3}$ cup sugar

Plain Pastry

Put the apples in a deep pie tin, sprinkle with sugar, cover with half of the Plain Pastry recipe and bake.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	42	329	1214	1585
Calories in a serving ($3\frac{1}{4}$ oz.) .	4	28	103	135

CUSTARD PIE

2 eggs

3 tablespoons sugar

$\frac{1}{2}$ teaspoon salt

$1\frac{1}{2}$ cups milk

Plain Pastry

Beat the eggs slightly ; add the sugar, salt and milk. Line the pie pan with pastry ; strain in the mixture and sprinkle with a few gratings of nutmeg. Bake in a quick oven, at first, to set the pastry, then decrease the heat until the custard is set.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	122	526	457	1105
Calories in a serving (4 oz.) . . .	20	88	76	184

SWEET POTATO PIE

1 cup mashed sweet
potato

1 tablespoon butter

$\frac{1}{4}$ cup sugar

$\frac{3}{4}$ teaspoon grated lemon
rind

1 egg

1 cup milk

Pastry

Add sugar, beaten egg, soft butter and lemon rind to the mashed potato. Beat well with a fork and add the milk gradually, beating all the time. Bake in an undercrust until firm.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	105	564	1031	1700
Calories in a serving (6 oz.) . . .	17	94	172	283

PASTRY STRIPS

$\frac{1}{2}$ cup seeded dates $\frac{1}{4}$ cup chopped walnuts
 $\frac{1}{2}$ cup seeded raisins Plain Pastry

Roll out pastry into oblong shapes; spread with paste made by putting the dates, raisins and walnuts through a chopper, and if quite dry, moisten with a tablespoon of orange juice. Roll the strips and then flatten slightly with a rolling-pin. Cut into one-half inch strips, and bake in a moderate oven.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	98	808	988	1894
Calories in a serving (1 oz.) . . .	6	50	62	118

PEACH COBBLER

2 quarts peaches 3 tablespoons butter
 $1\frac{1}{2}$ cups sugar Biscuit dough

Place the peaches, sugar and butter in a deep pan. Prepare a rich biscuit dough, using two tablespoons of butter to each cup of flour, and proceed as for Biscuit. Roll out to one-third of an inch in thickness and place over the top of the peaches. Canned peaches may be used, in which case the liquid must be drained from them. Bake in a quick oven.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	152	671	2503	3326
Calories in a serving (3 oz.) . . .	8	35	134	177

CHEESE STRAWS

1 cup flour
 1/4 cup butter
 1 ounce Yogurt or American Cheese
 1/4 teaspoon salt
 1/4 cup ice water

Make Plain Pastry of the flour, butter, salt and ice water. Roll the pastry out to one-fourth inch in thickness. Spread one-half of it with the grated Cheese. Press the edges firmly together. Fold again and roll to one-fourth inch in thickness. Sprinkle one-half with cheese and proceed as before. Repeat the process. Cut into strips about five inches long and one-fourth inch wide. Bake in hot oven about eight minutes. These make a nice accompaniment to a salad course.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	71	529	351	951
Calories in a serving (1 oz.) . . .	10	75	50	135

CAKES

CAKES are of two kinds, butter cakes and sponge cakes. The latter contain no shortening and must be made light by the incorporation of air through beating. Stiffly beaten egg-whites *folded* into the mixture is the chief means of incorporating air.

They are usually made light without the aid of chemicals. The lightness depends upon the expansion of the incorporated air, as all gases expand one two-hundred-seventy-third of their volume for each degree (Fahrenheit) of temperature through which they rise.

For such cakes it is especially important that the materials shall be cold, and that they be put together as lightly as possible.

The oven must be of an even temperature and somewhat cooler than for butter cakes.

Select the materials carefully. Only the best of materials should be used if a good cake is desired. Frostings and fillings cannot cover up the flavor of poor ingredients. If possible use butter or at least part butter for the fat. Milk adds much to the nutritive value, although water or part water makes a very tender texture. Pastry flour (made from winter wheat) should be used if possible. If bread flour (spring wheat flour) is used, scant measure should be made. Use fresh eggs or at least well preserved cold storage eggs.

GENERAL DIRECTIONS FOR BUTTER CAKES

Butter cakes are always made light by means of chemicals. The chemicals used are described in the chapter on Breads.

The usual method of procedure for the mixing of butter



FOLDING THE YOLK MIXTURE INTO THE
BEATEN EGG-WHITES

cakes is as follows: Cream the butter by mixing it with a spoon or fork until soft. If the butter is very hard it may be softened by warming the bowl slightly, but the butter should not be allowed to melt. Add the sugar slowly, mixing thoroughly until of a creamy consistency, then add the beaten egg-yolks (or whole eggs).

Measure the flour after sifting once or after stirring. Sift the flour and the baking powder together, add the milk and flour alternately. Lastly add the flavoring and the stiffly beaten egg-whites, unless whole egg is added to the butter mixture.

Spread in pans greased with an unsalted fat. Fill the pans not more than two-thirds full. Bake in a rather quick oven, the temperature varying with the size of the cake. If baked in layers, twelve to fifteen minutes will be sufficient. If baked in a loaf, thirty to sixty minutes, or more, may be required.

To determine when the cake is done, press a finger lightly against it. If done, it will spring back. The cake will also shrink from the sides of the pan. To test loaf cakes a clean straw or tooth pick may be inserted. If it comes out clean, the cake is done.

To remove the cake, loosen the edges from the pan by using a knife or spatula. If the cake is allowed to stand a minute or two, it will come out more easily. If it sticks, turn upside down and cover the bottom of the pan with a wet cloth. Turn out upon a cake cooler and let stand till cool.

SPONGE CAKE

4 eggs

1 cup sugar

1 cup pastry flour

$\frac{1}{8}$ teaspoon salt

Grated rind $\frac{1}{2}$ lemon

1 tablespoon lemon juice

Sift the flour and the sugar separately four times. Separate the egg-yolks from the egg-whites. Place the egg-whites on ice. Beat the egg-yolks until light and lemon colored. Add the sugar, a little at a time, and beat until thick and creamy. Add the lemon juice and grated rind. Whip the egg-whites until very stiff, adding the salt when half beaten. Fold the yolk mixture into the stiffly beaten whites, taking care not to stir, but to fold the ingredients by a downward and upward movement. For this use the egg whip, first putting it down into the ingredients, then lifting it up through the materials, freeing it each time from the materials by shaking gently. Repeat this process until the materials are well blended, then fold in the flour in the same way. Care must be taken not to manipulate the materials too long, as this makes the cake tough. Turn into an unbuttered cake tin (preferably one with a removable bottom). Bake about thirty-five minutes in a moderately hot oven. Remove from the oven and turn upside down. Let stand an hour or more until the cake is thoroughly cold before cutting. The cake may then be iced, if desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	140	172	1260	1572
Calories in a serving (1½ oz.) .	13	16	118	147

NUT SPONGE CAKE

4 eggs	1 tablespoon lemon juice
1 cup sugar	½ teaspoon grated lemon
1 cup flour	rind
½ cup chopped nuts	

Sift the flour once, measure, then sift three times. Sift the sugar four times, grate the lemon rind, then extract the juice from the lemon. Beat the egg-yolks until very light

and lemon colored, add the sugar gradually, beating meanwhile. Add the lemon rind and juice. Beat the egg-white until stiff, and fold into the yolk mixture, then fold in the sifted flour and the chopped nuts. Turn into an unbuttered loaf tin and bake in a moderate oven thirty to forty minutes. Turn upside down in the pan until cool. If possible, use a pan with a removable bottom. If this is not convenient, fit a buttered paper in the bottom.

If an ornamental cake is desired, ice with Boiled Frosting or Water Frosting and arrange symmetrically sixteen walnut meats.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	178	497	1296	1971
Calories in a serving (1½ oz.).	15	41	108	164

ANGEL FOOD CAKE

12 egg-whites	1½ cups sugar (measured
1½ teaspoons cream of tartar	after sifting)
1 teaspoon vanilla	1 cup and 1 tablespoon
½ teaspoon lemon extract	white flour (measured
	after sifting)

Measure out all of the ingredients before commencing to put the cake together. Sift the flour once, measure, and sift five times. Sift sugar five times. Beat egg-whites until foamy, add cream of tartar and continue beating until stiff. Sift in sugar slowly, folding in carefully. Sift in the flour slowly, mixing with a light, folding motion. Add flavoring.

Bake in an unbuttered pan fifty-five to sixty minutes. Place a pan of boiling water under the cake during the first forty-five minutes. The oven should not be opened for the

first twenty minutes. When the cake is done place upside down on a cake cooler, and leave in pan until cold.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	440	212	1054	1706
Calories in a serving (2 oz.) . . .	51	25	124	200

MOCK ANGEL FOOD

2 cups sugar	1 cup boiling water
2 cups flour	6 egg-whites
2 teaspoons baking powder	1 teaspoon vanilla

Sift sugar, flour and baking powder four times. Add boiling water gradually. Fold in the egg-whites which have been beaten until stiff and to which the vanilla has been added. Bake in unbuttered tins in a slow oven. Bake in layers, if desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	185	23	2358	2566
Calories in a serving (2 oz.) . . .	12	1	146	159

SUNSHINE CAKE

10 egg-whites	1 teaspoon lemon extract
1½ cups powdered sugar	1 cup flour
6 egg-yolks	1 teaspoon cream of tartar

Beat egg-whites until stiff and dry, add the sugar gradually, and continue beating, then add the egg-yolks, beaten until thick and lemon-colored, and the flavoring. Cut and fold in the flour, mixed and sifted with the cream of tartar. Bake as an Angel Food cake, for fifty minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	453	561	1032	2046
Calories in a serving (2 oz.) . . .	45	56	103	204

ORANGE SPONGE CAKE

3 eggs	$\frac{1}{2}$ cup cold water
$1\frac{1}{3}$ cups sugar	1 teaspoon orange
$\frac{1}{2}$ teaspoon salt	flavoring
1 tablespoon lemon juice	$1\frac{1}{2}$ cups flour

Beat the egg-yolks until light and lemon-colored, and very stiff. Add the sugar gradually, then the lemon juice and salt. Beat the egg-whites slightly and add one-half of them to the yolk mixture. Beat again, then add the water (ice water preferred), and fold in the flour (measured after once sifting). Then fold in the remainder of the egg-whites, stiffly beaten. Turn into a loaf pan and bake in a moderate oven for about thirty minutes. Turn upside down in the pan to cool. Remove from the pan and cover with a thin layer of icing. Arrange sections of oranges in rows across the cake, so that when cut each piece will have a piece of orange upon it.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	141	137	1738	2016
Calories in a serving ($1\frac{1}{2}$ oz.) .	9	9	113	131

LADY FINGERS

3 egg-whites	$\frac{3}{8}$ cup pulverized sugar
2 egg-yolks	$\frac{1}{2}$ cup flour
$\frac{1}{2}$ teaspoon cream of tartar	$\frac{1}{3}$ teaspoon lemon extract
	$\frac{1}{8}$ teaspoon salt

Beat the egg-whites slightly, add the salt, and cream of tartar, and continue beating until quite stiff, and then fold in the pulverized sugar. Beat the egg-yolks until lemon-colored, add the flavoring and fold into the stiffly beaten egg-whites. Fold in the flour and put through a pastry tube.

Bake on unbuttered papers, scored in oblong sections one and one-half by four inches. Put together with Orange Frosting.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	148	182	1586	1916
Calories in a serving (1 oz.) . . .	12	15	132	159

PLAIN CAKE

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup milk
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ teaspoon flavoring
2 eggs	2 teaspoons baking
$1\frac{1}{2}$ cups flour	powder

Cream the butter and add the sugar gradually; beat the egg-yolks until light and lemon-colored and add to the butter and sugar. Rinse the bowl, in which the eggs were beaten with the milk. Sift the flour and baking powder together. Add the milk and flour alternately, then the flavoring and stiffly beaten egg-whites. Bake in layers in a quick oven twelve to fifteen minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	135	582	1224	1941
Calories in a serving (2 oz.) . . .	12	53	111	176

ORANGE CAKE

Make Plain Cake and bake in shallow tins. Put Orange Filling between the layers, cover with Water Frosting and decorate with sections of an orange.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	158	759	1978	2895
Calories in a serving ($1\frac{2}{3}$ oz.) . . .	5	26	68	99

SMALL FANCY CAKES

Plain Cake

1 egg-white

1 tablespoon powdered sugar

Bake the Plain Cake in flat tins. Cut into tiny oblong squares, triangles, and half moons, or any desired shape. Use a sharp knife for cutting, and cut off crust from the side of each cake before cutting in pieces. Cut all of one shape at one time, as the cake cuts to better advantage. The cakes should be small to be dainty. After cutting, allow to stand twenty-four hours before frosting. Glaze to keep from crumbling, by beating the egg-white very slightly with a silver fork, and adding the sugar. Use a small brush for glazing. Be careful not to get crumbs of the cake in the egg. Glaze on all but one side—that which has been the top of the cake has a good crust and will not crumble. This will be the bottom of the cake. Cover with any desired frosting.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	200	615	3280	4095
Calories in a serving (2½ oz.) .	12	45	207	264

ROXBURY CAKES

2 eggs	¾ cup raisins
½ cup sugar	½ cup milk
½ cup light New Orleans molasses	1 ¾ cups flour
Nutmeg	1 teaspoon cinnamon
½ cup English walnut meats	½ teaspoon soda
	1½ teaspoons baking powder
	¼ cup butter

Cream the butter, add the sugar gradually, then the beaten egg-yolks, molasses and milk. Mix and sift the dry ingredients and add to the first mixture. Add beaten egg-whites and, lastly, the finely chopped raisins, and bake in gem pans. This should make nineteen to twenty small cakes. Ice with Boiled Frosting, putting just a little of the frosting in the center of each cake and an English walnut meat pressed down upon that.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	250	1273	1950	3473
Calories in a serving (3½ oz.) .	29	148	227	404

WHITE LAYER CAKE

2 egg-whites	2 cups flour
1 cup sugar	1 teaspoon lemon or vanilla extract
½ cup butter	4 teaspoons baking powder
¾ cup milk	

Cream the butter and add the sugar gradually. Sift the baking powder with the flour. Add the milk and the flour alternately to the first mixture. Add the flavoring. Beat the egg-whites until stiff and fold into the batter. Bake in layers in a moderately hot oven. Use any desired cake filling between the layers.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	221	1016	1642	2879
Calories in a serving (2 oz.) . . .	17	78	126	221

LADY BALTIMORE CAKE

White Layer Cake	1 cup chopped nuts
1 cup raisins	2 cups sugar
4 figs	½ cup thin cream
Juice 1 lemon	

Bake the White Layer Cake given above in a loaf cake pan. Cook the sugar, cream and lemon juice until it forms a soft ball when dropped in cold water; then stir in the raisins, figs and nuts chopped fine. When fairly stiff spread over the cake in a thick layer and let cool.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	392	1962	6129	8483
Calories in a serving (5 oz.) . . .	24	121	378	523

CINNAMON CAKE

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ cup sugar	2 teaspoons cinnamon
1 egg	$1\frac{3}{4}$ cups flour
$\frac{1}{2}$ cup molasses	$1\frac{1}{2}$ teaspoons baking powder
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon soda

Cream the butter. Add the sugar slowly, then the beaten egg. Sift the flour, soda, salt, cinnamon and baking powder together. To the first mixture add the milk and the dry ingredients alternately. Turn into a buttered cake tin and bake in a moderately hot oven about twenty minutes, or until firm and elastic to the touch.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	138	544	1477	2159
Calories in a serving (2 oz.) . . .	12	50	134	196

NUT CAKE

Add one-half cup chopped English walnuts to the Plain Cake recipe, using three tablespoons instead of one-fourth cup of butter. Bake in oblong pans in a loaf about one and one-half inches thick. Ice or serve plain.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	173	906	1261	2340
Calories in a serving (2 oz.) . . .	14	75	105	194

ONE EGG CAKE

$\frac{1}{4}$ cup soft butter	1 egg
$\frac{3}{4}$ cup sugar	1 teaspoon vanilla
$\frac{1}{2}$ cup milk	$1\frac{1}{2}$ cups flour
3 teaspoons baking powder	

Mix and sift the flour, sugar and baking powder together. Put the egg, butter, vanilla, and milk together and beat with a rotary egg beater until light. Stir in the dry ingredients. Turn into a loaf tin or bake in layers.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	113	541	1228	1882
Calories in a serving (2 oz.) . . .	12	60	136	208

CARAMEL OR BURNT LEATHER CAKE

$\frac{1}{2}$ cup butter	3 egg-whites
$1\frac{1}{2}$ cups granulated sugar	1 teaspoon vanilla
1 cup water	$2\frac{1}{2}$ cups flour
2 egg-yolks	3 tablespoons caramel
4 teaspoons baking powder	

Cream the butter and sugar gradually. Add the beaten egg yolks. Sift the baking powder with the flour. Add the caramel to the water and add alternately with the flour to the butter, egg and sugar mixture. Add the vanilla and fold in the stiffly beaten egg-whites. Bake in layers.

Icing

1 cup granulated sugar	2 tablespoons caramel
$\frac{1}{4}$ cup water	$\frac{1}{2}$ teaspoon vanilla
1 egg-white	

Cook the sugar and water together until it hairs. Add the caramel. Pour this slowly over the beaten whites and

add the vanilla. Beat until stiff, and spread between the layers of the cake.

Caramel

1 cup brown sugar

1 cup water

Put the sugar in a pan and place over the fire. Stir until it melts. Cook until it becomes a golden brown, taking care not to burn. Add the boiling water slowly and cook until it will spin a hair. Keep hot until needed. The remainder of it may be put away to be used another time.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	138	544	1477	2159
Calories in a serving (2½ oz.).	12	50	134	196

APPLE SAUCE CAKE

1 cup sugar	¼ teaspoon cloves
½ cup butter	1 teaspoon nutmeg
1 cup raisins	2 cups flour
1 cup apple sauce	½ teaspoon soda
1½ teaspoons cinnamon	2 teaspoons baking powder

Cream the butter, and add the sugar gradually. Sift the dry ingredients together and add alternately with the apple sauce to the creamed butter and sugar. Stir in the raisins dredged with a little of the flour saved out for this purpose. Bake in muffin pans in a moderate oven about fifteen minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	121	961	2480	3562
Calories in a serving (3½ oz.).	13	105	271	389

ECONOMY OR LIGHT FRUIT CAKE

1 cup sugar	1 cup raisins
$\frac{1}{3}$ cup butter	1 teaspoon cinnamon
$2\frac{1}{2}$ cups flour	$\frac{1}{2}$ teaspoon ground cloves
1 cup milk	4 teaspoons baking powder

Cream the butter and add the sugar gradually. Sift the flour, baking powder, cinnamon and cloves together, reserving a little of the flour with which to dredge the raisins. Add the milk and dry ingredients alternately to the butter and sugar. Stir in the raisins and bake in muffin pans or as a loaf in an oblong pan.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	172	904	2360	3436
Calories in a serving ($2\frac{1}{2}$ oz.).	13	68	179	260

JELLY ROLL

3 eggs	$\frac{1}{4}$ teaspoon salt
1 cup sugar	1 cup flour
$\frac{1}{2}$ tablespoon milk	1 glass jelly
1 tablespoon butter	1 teaspoon baking powder

Beat the eggs until light. Add the sugar gradually and the milk. Sift the flour, baking powder and salt together and add to the egg mixture, then add the melted butter. Line the bottom of a dripping pan with paper. Butter the paper and the sides of the pan. Cover the bottom of the pan with the mixture about one-third of an inch deep, spreading evenly. Bake about twelve minutes in a moderate oven.

Take the cake from the oven and turn out upon a moistened towel. Quickly remove the paper and cut off a thin strip from the sides and ends of the cake. Spread with

jelly or jam which has been beaten until soft, and roll. Sprinkle with powdered sugar and roll in paper to keep it in shape. The work must be done quickly or the cake will crack in rolling.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	125	243	1682	2050
Calories in a serving (3 oz.) . . .	17	33	229	279

GOLD CAKE

8 egg-yolks	$\frac{2}{3}$ cup milk
1 $\frac{1}{4}$ cups sugar	2 $\frac{1}{2}$ cups flour
$\frac{2}{3}$ cup butter	2 teaspoons vanilla
4 teaspoons baking powder	

Sift the flour once, then measure; add the baking powder and sift three times. Cream the butter, add the sugar slowly, then the well-beaten egg-yolks. Add the milk and flour alternately and, lastly, the flavoring. If baked in one pan, bake in a moderate oven fifty minutes. If baked in two pans thirty minutes will suffice.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	295	2186	2101	4582
Calories in a serving (2 oz.) . . .	13	95	91	199

CHOCOLATE NUT CAKE

2 cups sugar	$\frac{3}{4}$ cup butter
4 eggs	1 cup mashed potatoes
$\frac{1}{2}$ cup milk	2 squares chocolate
Spices to taste	2 $\frac{1}{2}$ cups flour
2 teaspoons baking powder	1 cup chopped pecans
$\frac{1}{4}$ teaspoon salt	

Cream the butter, add the sugar gradually and the melted chocolate. Separate eggs, beat the yolks until light and

lemon-colored and add to the mashed potatoes. Sift flour, baking powder and spices; add to the first mixture, alternately with the milk. Add nuts, fold in stiffly beaten egg-whites. Bake in layers in moderate oven. When done, remove and cool. Spread with Chocolate Caramel Icing.

CHOCOLATE CARAMEL ICING

2 cups brown sugar	$\frac{1}{2}$ cup butter
$\frac{1}{4}$ cup milk	$\frac{1}{4}$ cup cocoa

Mix sugar, butter, milk and cocoa. Bring to boiling point slowly. Remove from the fire and beat until cool enough to spread. A plain Caramel Icing may be made by the same recipe, omitting the cocoa.

	Protein	Fat	Carbo- hydrate	Total
Calories in cake recipe	352	2794	2860	6006
Calories in a serving, $3\frac{1}{2}$ oz. (cake and frosting)	22	222	249	493

FRUIT CAKE

1 cup butter	Juice $\frac{1}{2}$ lemon
1 cup sugar	$\frac{1}{2}$ cup grape juice
6 eggs	1 pound raisins
2 cups flour	1 pound currants
$\frac{1}{2}$ teaspoon mace	$\frac{1}{2}$ pound citron
1 teaspoon nutmeg	$\frac{1}{2}$ pound candied lemon
$\frac{1}{4}$ teaspoon cloves	peel
$\frac{1}{2}$ pound almonds	

Stem the raisins, pour boiling water over them and wash; drain and dry upon clean towels. Cut into quarters. Place the currants in a colander and shake flour over them; rub them clean in the flour, then place in a pan of cold water and rinse thoroughly until the water is clean, then dry upon towels in a warm oven or in the sun. Currants may be pre-

pared several days before using, if desired. Slice the citron very fine. If the citron is very hard it may be softened by steaming.

Prepare the cake pan by lining with three thicknesses of paper cut to fit the pan. Butter the top layers. Measure the flour and remove enough of it to sprinkle over the raisins and currants. Mix the spices with the sugar. Cream the butter, add the sugar and spices, the beaten egg-yolks, lemon juice and grape juice. Fold in the stiffly beaten egg-whites, the flour and the fruit—except the citron. Place a layer of dough one-half inch thick in the pan. Spread evenly with the citron, then another layer of dough, another layer of citron, finishing with a layer of dough on top. This should fill the pan about two-thirds full. The cake does not rise much in baking. Bake for three hours in a moderate oven. If it browns too much on top, put a paper over it, or at the last put a small pan of hot water in the oven. Currant or other fruit jelly may be substituted instead of the grape juice.

To keep the cake, cover with Boiled Frosting, wrap in paraffin paper and put into a tin box. If the icing gets dry, moisten with the liquid used in the cake. Let stand a little, wrap in paraffin paper and put away as before. It may be kept a long time by moistening occasionally. A day before serving ornament with Ornamental Frosting.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	480	3370	6129	9979
Calories in a serving (3½ oz.).	18	131	238	387

BRIDE'S CAKE

12 egg-whites	8 cups flour
3 cups sugar	4 teaspoons lemon or
1 cup butter	vanilla extract
2 cups milk	3 tablespoons baking powder

Cream the butter and add the sugar gradually. Sift the baking powder with the flour. Add the milk and flour alternately to the first mixture. Add the flavoring. Beat the egg-whites until stiff and fold into the batter. Bake in a loaf in a moderate oven one hour or more. When cool cover with Ornamental Frosting and decorate as desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	747	2177	5610	8534
Calories in a serving (2 oz.) . . .	17	50	129	196

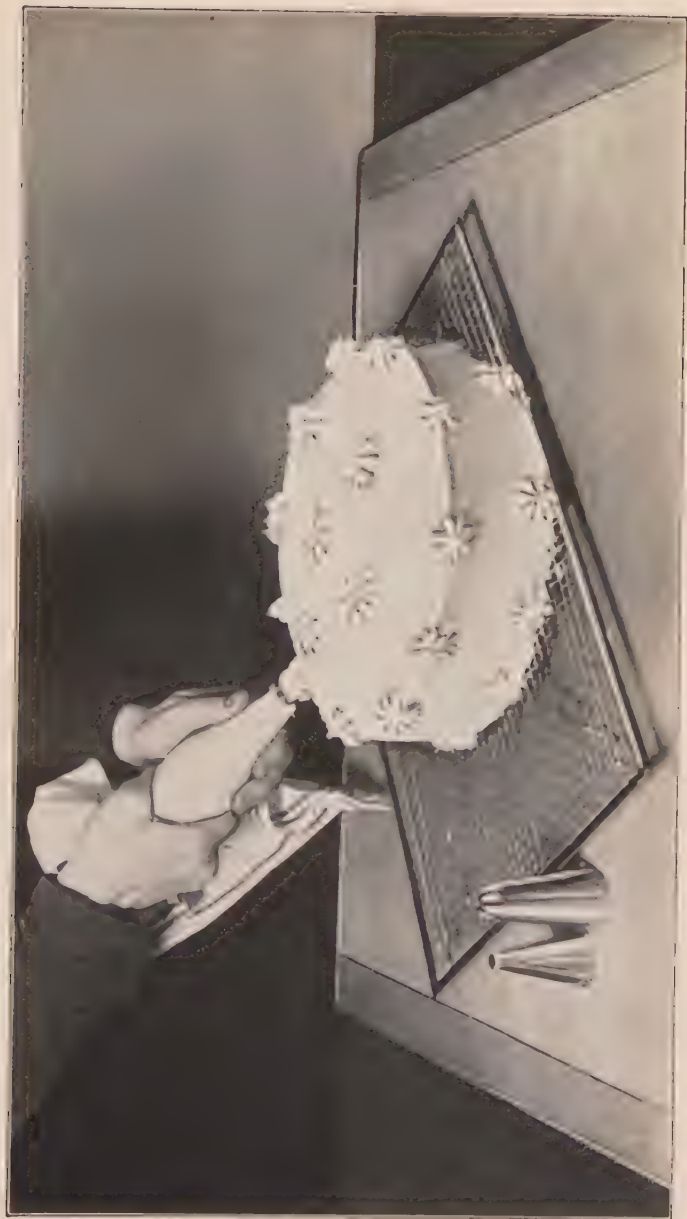
FRUIT DROP CAKES

$\frac{3}{4}$ cup butter	$\frac{1}{2}$ cup chopped walnut
1 cup brown sugar	meats
3 eggs	2 cups flour
1 teaspoon lemon extract	1 teaspoon cinnamon
$\frac{1}{2}$ cup raisins, figs or dates	4 teaspoons baking powder

Clean the raisins and dredge in a little of the flour. If figs or dates are used, clean and cut into one-fourth inch pieces and dredge in flour. Cream the butter, add the sugar, beat the egg-yolks until light and lemon-colored and add to the butter and sugar. Sift the dry ingredients together and chop the walnut meats fine.

Beat the egg-whites stiff and fold into the butter, sugar and egg mixture; then fold in the flour and lastly the fruit and nuts. Drop on buttered squares of tin and bake in a moderate oven until a rich brown color.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	219	1799	1866	3884
Calories in a serving ($2\frac{1}{2}$ oz.) .	18	149	156	323



SHOWING USE OF PASTRY TUBE FOR CAKE DECORATION

PECAN CUP CAKES

1½ cups sugar	1 cup pecan meats
½ cup milk	¾ cup butter
¾ cup raisins	2½ cups flour
3 eggs	2½ teaspoons baking powder

Cream the butter and sugar and add the beaten eggs. Sift the baking powder with the flour, reserving a portion of the flour with which to dust the raisins. Add the flour and the milk alternately to the butter, sugar and egg mixture. Fold in the raisins and the pecans. Bake in muffin tins in a hot oven. This amount should make fifteen cakes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	254	1981	2685	4920
Calories in a serving (2½ oz.) .	17	130	177	324

OATMEAL HERMITS

¾ cups butter	1 cup sugar
2 eggs	½ cup chopped raisins
3 tablespoons milk	4 teaspoons baking powder
3 cups flour	
1½ cups rolled oats	½ cup English walnuts

Cream butter and sugar. Add eggs well beaten. Sift the baking powder with the flour and stir alternately with the milk into the first mixture; add the remaining ingredients. Drop on buttered tins and bake in a quick oven. This amount should make two dozen hermits.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	433	739	2709	3881
Calories in a serving (1½ oz.) .	18	31	113	162

STRAWBERRY SHORTCAKE

2 cups flour	1 cup sugar
4 tablespoons butter	4 teaspoons baking powder
1 cup milk	1 quart strawberries

Mix the flour, one-half the sugar, baking powder and the salt and chop in the butter. Add the milk to the dry ingredients according to directions given for Biscuit. Roll the dough about one-half inch in thickness; place in an oblong, buttered pan and bake in a hot oven twelve to fifteen minutes. Crush the berries with the remaining one-half cup of sugar; remove the dough from the oven, split with a sharp knife, making two layers.

Place half of the berries between the layers and the remainder on top. Cut into squares and serve with whipped cream, if desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	146	579	1787	2512
Calories in a serving (5 oz.) . . .	20	90	275	385

APRICOT SHORTCAKE

1 quart canned apricots	1 cup sugar
1/3 cup butter	1 teaspoon salt
1 egg	2 cups flour
1/2 cup milk	4 teaspoons baking powder

Sift the flour, salt and baking powder together. Beat the egg and add to the milk. Turn the liquids into the dry ingredients and mix all together thoroughly, and then add the melted butter. Bake in an oblong pan. When done remove from the oven, split, and spread on the freshly cut surface of the shortcake one-half of the apricots, from which the juice has been drained. On top of this place the

other half of the cake with the freshly cut surface on top, and on this arrange the remaining half of the apricots. If a richer cake is desired the freshly cut surface of the shortcake may be spread with softened butter before adding the apricots. Make a sauce by adding the sugar to the juice drained from the apricots, allowing it to boil from five to ten minutes, and serve over each individual portion of the shortcake. A spoonful of whipped cream served on each portion is a pleasant addition.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	170	711	1801	2682
Calories in a serving (5 oz.) . . .	17	74	188	279

COOKIES

$\frac{1}{2}$ cup butter	3 cups flour
$1\frac{1}{4}$ cups sugar	$\frac{1}{4}$ teaspoon nutmeg
1 egg	4 teaspoons baking powder
$\frac{1}{2}$ cup milk	

Cream the butter. Add the sugar gradually, then the beaten egg. Sift the flour, baking powder and nutmeg together and add, alternately with the milk, to the first mixture. The mixture should be just stiff enough to roll nicely. If it is too soft add a little more flour. Roll to one-third inch in thickness. Sprinkle with granulated sugar. Cut into shape with a cookie cutter. Place on buttered or floured tins and bake in a hot oven until nicely browned. A raisin or walnut meat may be placed on each cookie before baking, if desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	187	994	2207	3388
Calories in a serving ($\frac{3}{4}$ oz.) . .	5	26	59	90

BRAN COOKIES

$\frac{1}{2}$ cup molasses	$\frac{2}{3}$ cup butter
2 eggs	$\frac{2}{3}$ cup brown sugar
$2\frac{1}{4}$ cups flour	$\frac{2}{3}$ teaspoon soda
$\frac{1}{3}$ cup water	1 teaspoon salt
$3\frac{1}{2}$ cups bran	Spices to taste
3 teaspoons baking powder cinnamon, cloves nutmeg	

To the molasses add the water and the bran and let stand for an hour.

Cream the butter and sugar, add the beaten eggs, and stir in the bran mixture. Sift soda, baking powder, salt, and spices with the flour and stir into the moist ingredients. Roll, cut and bake in a moderate oven. This makes about 45 cookies.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	263	600	1837	2700
Calories in 1 serving ($\frac{3}{4}$ oz.) . .	7	15	46	68

FILLED COOKIES

$\frac{1}{2}$ cup butter	1 cup sugar
2 eggs	3 cups flour
3 teaspoons baking powder	1 teaspoon vanilla
$\frac{1}{4}$ cup milk	

Cream the butter, add the sugar and well beaten eggs. Sift the dry ingredients and add alternately with the milk to the first mixture. Add vanilla. Roll very thin and cut into shapes. Spread one-half of the cut shapes with fig filling. Place on top of each spread cookie, a plain one; press the edges together slightly and bake.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	274	1140	3090	4504
Calories in a serving (2 oz.) . . .	12	52	143	207

FIG FILLING

$\frac{3}{4}$ pound Smyrna figs
1 tablespoon butter

$\frac{1}{2}$ cup water
 $\frac{1}{4}$ cup sugar

Put the figs through a food chopper. Place all the ingredients in a pan and allow to simmer until of the consistency of jam. If dried figs are used the amount of water must be increased in proportion.

COCOANUT PUFFS

4 egg-whites 1 cup sugar
 $\frac{1}{4}$ cup cornstarch $3\frac{2}{3}$ cups shredded cocoanut
2 teaspoons vanilla

Beat egg-whites until stiff; beat in cornstarch and the sugar. Cook over the steam until mixture becomes sticky around the sides, stirring all the time. Add cocoanut and vanilla. Drop on oiled tins. Bake in a slow oven.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	129	1505	1342	2976
Calories in a serving (1 oz.) . . .	6	75	67	148

STRAWBERRY PUFFS

Make and bake pastry as for cream puffs.

Filling

Mash one pint of fresh strawberries, add powdered sugar (about one-half cup), the amount depending on the acidity of the berries. Let stand a few minutes and drain the excess juice. Add the berries to one pint of whipped cream. Fill the puffs with the filling. Make a frosting with a small part

of the berry juice by adding powdered sugar until it can be spread on top of the puffs.

	Protein	Fat	Carbo- hydrate	Total
Calories in filling	26	311	543	880
Calories in filling for one puff (1½ oz.)	2	27	47	76

ALMOND PUFFS

4 egg-whites 1 cup sugar
¼ cup cornstarch ⅞ pound chopped almonds
2 teaspoons vanilla

Blanch, dry and roast almonds. Then chop or pass through a coarse food chopper. Beat the egg-whites until stiff, add starch and sugar. Heat over hot water until the mixture becomes sticky. Stir constantly. Remove from heat, add chopped nuts until the mixture is stiff enough to stand. With a teaspoon put small bits on buttered tins. Bake in a very moderate oven.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	389	1963	1250	3602
Calories in a serving, 2 each (1 oz.)	18	89	57	164

CAKE FILLINGS AND FROSTINGS

WATER FROSTING

1 cup powdered sugar 1 tablespoon boiling water
1 tablespoon lemon juice or milk

Stir the boiling water or milk into the sugar and add the lemon juice. If too thin add a little more sugar. Melted chocolate and vanilla may be used instead of the lemon.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	2	6	464	472

BOILED FROSTING

2 cups sugar 2 egg-whites
1 cup water 2 teaspoons flavoring

Heat the sugar and water to boiling, stirring occasionally until the sugar dissolves. Then boil without stirring until the syrup threads when dropped from the end of a spoon or fork, or until it forms a soft ball when dropped into cold water. Pour the hot syrup gradually on the stiffly beaten egg-whites, beating constantly until of the proper consistency to spread. Flavor, and pour the frosting over the cake, using a silver knife to guide it over the sides of the cake. If the frosting becomes granular, add a few drops of boiling water.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	65	33	1824	1922

ORNAMENTAL FROSTING

3 egg-whites

3 teaspoons lemon juice

3 cups confectioners'
sugar

Put the egg-whites in a large bowl. Add one tablespoon sugar and beat three to five minutes. Repeat until the mixture begins to thicken, then add the lemon juice. Continue to add sugar until the frosting will not run together when cut with a knife. Spread a thin layer of frosting on the cake, and, when dry, cover with a layer one-fourth inch thick. When firm, mark it for cutting. Add sugar more rapidly to the remainder of the frosting until it begins to harden on the spoon and bowl. Put a confectioner's tube into the end of a pastry bag, partially fill the bag with frosting, twist the end tightly, and press the frosting through in the desired design.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	97	50	1374	1521

ORANGE FROSTING

1 cup powdered sugar

1 tablespoon orange juice

1 tablespoon boiling
water

Stir the boiling water into the sugar and add the orange juice. If used for Lady Fingers, grate a little orange rind into it.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	2	6	470	478

CHOCOLATE ICING

1 egg

6 tablespoons cream

3 cups powdered sugar

2 squares melted chocolate

2 teaspoons vanilla

Mix powdered sugar with cream and egg, melt the chocolate and add to the mixture. This should be of consistency to spread.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	60	437	2869	3366

LEMON FILLING

$\frac{1}{2}$ cup water	2 tablespoons lemon juice
1 tablespoon butter	2 tablespoons cornstarch
Grated rind 1 lemon	1 egg-yolk
$\frac{1}{4}$ cup sugar	

Heat the water, sugar and lemon rind to boiling. Add the butter and the cornstarch moistened with a little cold water. Let come to the boiling point, then cook in a double boiler twenty minutes. Add the beaten egg-yolk and cook five to ten minutes. Add the lemon juice and cool.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	14	172	316	502

FRUIT FILLING

$\frac{1}{2}$ cup water	$\frac{1}{2}$ cup sugar
2 tablespoons flour	$\frac{1}{2}$ cup seeded raisins
Juice 1 lemon	1 dozen English walnuts

Braid the flour with a little of the cold water. Heat the remainder, and when boiling, thicken with the flour. Then add the lemon juice, chopped nuts and seeded raisins. Cool before spreading.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	90	677	862	1629

ORANGE FILLING

$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cup orange juice
$2\frac{1}{2}$ tablespoons flour	$\frac{1}{2}$ tablespoon lemon juice
Grated rind $\frac{1}{2}$ orange	1 egg, slightly beaten
1 tablespoon butter	

Mix ingredients in the order given. Cook ten minutes in a double boiler, stirring constantly. Cool before spreading.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	31	150	603	784

MARSHMALLOW FILLING

$2\frac{1}{2}$ cups sugar	$\frac{1}{4}$ teaspoon cream of
$\frac{3}{4}$ cup hot water	tartar
1 egg-white	

To the hot water add the sugar and the cream of tartar and boil until it threads slightly. Beat the egg-white until stiff and pour the syrup, slightly cooled, over it, beating constantly.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	32	17	2280	2329

HOT PUDDINGS

BAKED INDIAN PUDDING

$\frac{1}{3}$ cup yellow cornmeal	1 egg
1 quart milk	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup brown sugar	$\frac{1}{2}$ teaspoon cinnamon

Heat three cups of the milk to scalding, reserving one cup for moistening the cornmeal. Stir the moistened cornmeal into the hot milk and cook for three hours in a double boiler. Then add the beaten egg, salt, cinnamon, sugar and raisins, and turn into a baking dish. Bake an hour and a half to two hours in a slow oven.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	157	450	524	1131
Calories in a serving ($2\frac{1}{2}$ oz.).	13	39	46	98

GRANOLA FRUIT PUDDING

1 cup Granola	1 cup chopped dates
2 egg-yolks	1 cup raisins
$\frac{1}{4}$ cup sugar	1 cup currants
$1\frac{3}{4}$ cups milk	$\frac{1}{2}$ cup chopped citron
8 figs	$\frac{1}{4}$ cup Meltose or New Orleans molasses
$\frac{1}{4}$ cup Nut Meal or finely chopped nuts	$\frac{1}{2}$ apple
$1\frac{1}{2}$ teaspoons orange extract	$1\frac{1}{2}$ teaspoons lemon extract
2 egg-whites	

Beat the egg-yolks until light. Add the sugar, milk and Granola. Let stand twenty minutes. Cut the hard ends from the figs. Wash and pour boiling water over them and let stand a few minutes. Drain and dry upon clean towels,

and chop. Put the dates in cold water; remove the stones, wash in hot water and chop. Clean the raisins and the currants. Peel an apple and cut half of it into small pieces. Turn all the fruit into the Granola mixture, add the flavoring and the Meltose. Beat the egg-whites stiff and fold into the mixture. Turn into a buttered pudding dish and steam over actively boiling water for three hours. Serve with Hard Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	265	592	3426	4283
Calories in a serving (3 oz.) . . .	13	31	177	221

VEVEY PUDDING

2 cups sifted flour	½ cup melted butter
½ teaspoon ground cloves	1 cup milk
½ teaspoon cinnamon	1 cup light New Orleans
½ teaspoon soda	molasses
2 teaspoons baking powder	½ teaspoon salt

Sift first five ingredients together twice. Stir in the milk, then the molasses and the melted butter. Turn into a buttered pudding dish. If in one large dish, steam two hours; if in individual dishes steam one hour and fifteen minutes, tightly covered. Serve with whipped cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	158	991	1521	2670
Calories in a serving (3 oz.) . . .	16	99	152	267

ST. JAMES PUDDING

1 teaspoon salt	1 1/4 cups chopped figs
2/3 cup sugar	1/2 teaspoon ground cinnamon
1/3 cup butter	1/2 teaspoon grated nutmeg
1/2 cup New Orleans molasses	1 3/4 cups chopped dates
1 cup milk	1/2 teaspoon soda
3 3/4 cups flour	4 teaspoons baking powder

Melt the butter, add the molasses, sugar, spices, salt and milk. Sift the soda with the flour. Dredge the fruit with a little of the flour. Stir the flour into the liquids and, lastly, add the fruit. Steam three hours. Serve with whipped cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	256	998	3864	5118
Calories in a serving (3 oz.) . . .	14	55	214	283

COTTAGE PUDDING

1/4 cup butter	1 cup milk
2/3 cup sugar	2 1/4 cups flour
1 egg	4 teaspoons baking powder

Cream the butter, add the sugar gradually, beat the egg until light, and add to the butter and sugar. Sift the baking powder with the flour and add the milk and the flour alternately to the butter, sugar and egg mixture. Fill a buttered oblong pan about three-fourths full. Bake in a quick oven. Cut into squares and serve with Lemon Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	141	558	1436	2135
Calories in a serving (2 1/2 oz.) .	15	60	156	231

STEAMED CHERRY PUDDING

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon salt
1 cup sugar	$\frac{1}{2}$ cup milk
$2\frac{1}{4}$ cups flour	4 egg-whites
$3\frac{1}{2}$ teaspoons baking powder	1 cup cherries

Cream the butter, add sugar gradually, sift the flour, baking powder and salt and mix alternately with milk. Add the stiffly beaten egg whites. Fold in the cherries and steam in buttered pans. Serve with Cherry Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	194	946	1719	2859
Calories in 1 serving (2 oz.) . . .	13	63	115	191

COCOANUT RICE PUDDING

$\frac{1}{3}$ cup uncooked rice	$\frac{1}{2}$ cup sugar
$1\frac{1}{2}$ cups water	$2\frac{1}{2}$ cups milk
$\frac{1}{2}$ cup shredded cocoanut	1 teaspoon salt
2 eggs	2 teaspoons vanilla

Wash the rice thoroughly and put to cook in boiling, salted water. Cook in the double boiler until almost tender. Add the cocoanut and finish cooking the rice. Beat eggs, add the milk, sugar and salt. Combine the mixtures and bake in an oiled pan in a moderate oven until custard is set. Cool and serve with whipped cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	325	1054	1651	3030
Calories in a serving (4 oz.) . . .	19	62	97	178

DELICATE RICE PUDDING

1 cup milk	2 tablespoons orange
½ cup boiled rice	juice
2 eggs	4 teaspoons lemon juice
½ teaspoon grated orange	2 tablespoons powdered
rind	sugar
4 tablespoons granulated sugar	

Heat the rice, granulated sugar, milk and orange rind in a double boiler. Beat egg-yolks slightly, add to the hot rice mixture. Cook until the eggs thicken the mixture, stirring constantly. Cool slightly, add the orange and lemon juices. Beat egg-whites until dry, fold one-half of whites into the rice mixture. Pour into buttered ramekins and bake until heated through. Add the powdered sugar to the other half of the egg-whites and garnish the top of the pudding. Brown in a moderate oven.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	83	190	463	736
Calories in a serving (2¼ oz.) .	10	23	57	90

ORANGE ROLY POLY

4 oranges	1 cup sugar
⅓ to ½ teaspoon grated orange rind	

Biscuit Dough

Peel all the white from the orange, and divide into unbroken sections. Make a biscuit dough, the same as for Fruit Rolls, and roll out in oblong shape. Spread with orange sections, sprinkle with sugar and grated orange rind and

roll closely and carefully. Bake in quick oven twenty to thirty minutes. Serve with Hard Sauce, or whipped cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	141	302	2014	2457
Calories in a serving (4 oz.) . . .	13	29	187	229

STEAMED FRUIT PUDDING

$\frac{3}{4}$ pound seeded raisins	1 teaspoon cinnamon
$\frac{1}{2}$ pound currants	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ pound butter	$1\frac{1}{4}$ cups milk
$\frac{1}{2}$ pound candied citron	1 quart stale bread crumbs
2 eggs	2 cups flour
1 cup sugar	5 cups chopped apples
1 teaspoon nutmeg	Juice and rind $\frac{1}{2}$ lemon
3 teaspoons baking powder	

Wash the raisins by pouring boiling water over them, drain and dry upon clean towels. Cut into quarters. Clean the currants by placing them in a colander and shaking flour (not included in the ingredients listed above) over them. Rub them carefully in the flour, then place in a pan of cold water and rinse thoroughly, until the water is clean. Dry upon towels in a cool oven or in the sun. Currants may be prepared several days before using, if desired. Slice the citron very fine. If very hard, it may be softened by steaming.

Cream the butter and sugar, add the beaten eggs and seasonings, also the lemon juice and grated rind. Sift the flour and baking powder together. Add the milk and one cup of the flour, alternately. Mix the fruit with the remainder of the flour and turn into the pudding mixture. Fold in the grated bread crumbs and, lastly, the chopped apples. Turn into a mold, and steam for five hours or boil

in a square of cheesecloth prepared by buttering one side and then sprinkling with flour. Gather the corners of the cheesecloth and tie snugly about the pudding. Serve with Lemon Cream Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	347	2195	5112	7654
Calories in a serving (3 oz.) . . .	9	61	142	212

CABINET PUDDING

$\frac{1}{2}$ cup sugar	$1\frac{3}{4}$ cups flour
$\frac{3}{8}$ cup butter	$\frac{3}{4}$ cup seeded raisins
2 eggs	($\frac{1}{2}$ pound)
$\frac{1}{4}$ cup milk	$\frac{1}{8}$ teaspoon mace
$\frac{1}{8}$ cup molasses	$\frac{1}{4}$ teaspoon cinnamon
$\frac{1}{4}$ cup boiled cider or dark fruit jelly	Rind $\frac{1}{2}$ lemon
	$\frac{1}{2}$ teaspoon soda
$1\frac{1}{2}$ teaspoons baking powder	

Prepare the boiled cider by cooking down two cups of fresh cider to make one-fourth cup. Cream the butter and sugar, add the molasses, boiled cider, grated lemon rind and the milk. Sift the soda, baking powder, cinnamon and the mace with the flour. Dredge the raisins with a little of the flour. Stir the dry ingredients into the liquids, then fold in the raisins. Turn into molds or into a pudding dish and steam three hours, then brown slightly in the oven. Serve with Orange or Lemon Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	159	817	1630	2606
Calories in a serving ($2\frac{1}{2}$ oz.) .	15	82	163	260

GRAHAM PUDDING

1 egg	1 cup raisins
1 cup New Orleans molasses	½ teaspoon salt
1 cup sweet milk	½ teaspoon grated nutmeg
2 cups graham flour	1 teaspoon soda
	1 teaspoon baking powder

Sift together the flour, nutmeg, soda, baking powder and salt. Beat the egg, add the molasses and milk. Sift and stir a little of the dry ingredients into the liquids. Clean and stem the raisins and dredge with flour. Fold in the raisins, turn into greased molds or a pudding dish and steam for three or four hours.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	219	236	2009	2464
Calories in a serving (2¼ oz.) .	14	15	129	158

DATE PUDDING

3 tablespoons butter	2 cups flour
½ cup sugar	1 cup chopped dates
2 eggs	4 teaspoons baking powder
¾ cup milk	

Cream the butter and sugar and add the beaten eggs. Dredge the dates in a little of the flour. Sift the baking powder with the flour. Add milk and flour alternately, and, lastly, the dates. Turn into a buttered oblong pan and bake in a quick oven. Serve with Vanilla Sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	181	545	1722	2448
Calories in a serving (2½ oz.) .	17	50	160	227

FIG PUDDING

1 quart milk	3 eggs
1½ cups chopped figs (about 1 doz.)	1 cup bread crumbs
½ cup sugar	3 tablespoons powdered sugar
1 teaspoon vanilla	

Heat the milk. Add chopped figs, crumbs and sugar. Beat one egg-white and add the three stiffly beaten egg-yolks. Fold in and bake until set. Make a meringue of remaining egg-whites and sugar. Bake in a slow oven until meringue is browned. Serve hot with cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	214	593	1515	2322
Calories in a serving (2¾ oz.) .	12	32	83	127

MAPLE NUT PUDDING

1 pint milk	2 egg-yolks
⅔ cup maple syrup	3 tablespoons tapioca
½ teaspoon salt	½ cup pecan meats

If pearl tapioca is used it should be previously soaked. Heat the milk in a double boiler, stir in tapioca, cook until done. Add the stiffly beaten egg-yolks and cook three minutes. Let cool, add syrup and nuts, reserving a few half meats for garnishing. Serve with whipped cream and nuts for a garnish.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	116	771	901	1788
Calories in 1 serving with whipped cream (4 oz.)	16	133	105	254

SAUCE FOR PUDDINGS

RASPBERRY SAUCE

1½ cups raspberry juice 2 tablespoons cornstarch
1½ tablespoons water

Heat the juice from canned berries and add the cornstarch moistened with the water, stirring meanwhile. When thickened, cook fifteen to twenty minutes in a double boiler. If the fruit juice is not sufficiently sweetened, add sugar.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	0	0	338	338
Calories in a serving (1¼ oz.) .	0	0	32	32

LEMON SAUCE

1 pint boiling water 1 lemon
1 cup sugar 3 tablespoons flour
2 tablespoons butter

Braid the flour with cold water and add to the boiling water. Cook twenty minutes in a double boiler. Cream the butter and sugar and add the lemon juice. Pour the hot liquid over this, stir and cool.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	10	219	1000	1229
Calories in a serving (1¼ oz.) .	1	23	104	128

LEMON CREAM SAUCE

2 cups powdered sugar ½ cup butter
4 egg-yolks 1 cup milk
⅓ cup lemon juice

Cream the butter and sugar, add the well beaten egg-yolks and milk and cook in a double boiler until thick, then add the lemon juice.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	88	1224	972	2284
Calories in a serving (1¼ oz.) .	4	64	50	118

HARD SAUCE

½ teaspoon flavoring or	⅓ cup butter
¼ teaspoon nutmeg	1 cup powdered sugar

Cream the butter, add the sugar and continue beating until smooth and creamy. Add flavoring and stir again. Put in serving dish and place near ice.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	4	725	456	1185
Calories in a serving (¾ oz.) . .	1	83	52	136

CUSTARD SAUCE

2 cups milk	⅓ cup sugar
1 egg	1 tablespoon cornstarch
½ teaspoon vanilla	

Heat the milk in a double boiler, add to the cornstarch and sugar; cook until thickened, and add, slowly, the beaten egg, first adding some of the hot mixture to it. Cook, stirring constantly, until the spoon is coated with the custard.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	83	236	433	752
Calories in a serving (1¼ oz.) .	5	15	27	47

ORANGE SAUCE

1 cup orange juice	1/4 cup butter
1/2 cup lemon juice	2 eggs
1 cup sugar	1/4 cup hot water

Cream the butter and sugar; add the beaten eggs. Stir in the hot water gradually. Add the orange juice and the lemon juice. Turn into a double boiler and cook until thickened. Remove from the fire and cool as quickly as possible.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	48	516	1130	1694
Calories in a serving (1 1/4 oz.) .	2	24	52	78

GOLDEN SAUCE

1 cup sugar	1/4 cup boiling water
1/2 cup butter	1/2 teaspoon nutmeg
1 egg	Rind 1/2 lemon

Beat the egg, add the sugar and the butter. Turn into the boiling water stirring slowly. Put to cook in a double boiler and stir until it thickens. Remove from the fire. Add the grated lemon rind and the nutmeg.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	27	911	912	1850
Calories in a serving (1 1/4 oz.) .	2	76	76	154

COCOANUT SAUCE

1 pint milk	1/4 cup sugar
1/2 cup shredded cocoanut	1 egg-white
1 1/2 tablespoons cornstarch	

Braid the cornstarch with a little of the cold milk. Steep the cocoanut in the remainder of the milk in a double boiler

for one-half hour. Strain out the cocoanut, add the sugar, heat to boiling and stir in the braided cornstarch. When thickened pour the hot sauce over the stiffly beaten egg-white, beating continuously.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	121	800	520	1441
Calories in a serving (1¼ oz.) .	6	44	28	78

VANILLA SAUCE

3 tablespoons flour	2 cups water
3 tablespoons butter	½ cup sugar
1 teaspoon vanilla	

Mix the sugar and flour together. Add the boiling water slowly, stirring meanwhile. Cook twenty minutes, stirring frequently. Add the butter just before taking from the stove. Cool and add vanilla.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	10	329	521	860
Calories in a serving (1½ oz.) .	1	22	35	58

MELTOSE DRESSING

1 cup Meltose	1 egg-white
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Beat the egg-white to a stiff froth. Heat the Meltose, but do not boil. Pour this over the beaten egg-white, beating constantly until the mixture becomes white. Flavor with wintergreen, vanilla or orange.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	32	17	862	911
Calories in a serving (¾ oz.) . .	2	1	59	62

RAISIN SAUCE

1 cup chopped seeded raisins	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{2}$ cups water	3 tablespoons lemon juice
4 teaspoons cornstarch	$\frac{1}{2}$ cup sugar
	$\frac{1}{3}$ cup butter

Boil raisins in water until soft. Strain and add sufficient water to make $1\frac{1}{2}$ cups, also add sugar. Thicken with cornstarch, braided with a little of the liquid, add butter. Remove from fire and add lemon juice and salt. Serve cold on Blanc Manges and puddings.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	21	633	1031	1685
Calories in 1 oz.	1	46	74	121

MAPLE SAUCE

1 cup maple syrup	1 tablespoon cornstarch
1 cup water	2 tablespoons butter

Moisten the cornstarch with a little of the cold water. Heat the remainder of the water and the syrup to boiling, stir in the braided cornstarch and cook five to ten minutes. Add the butter and serve hot as a dressing on hot puddings.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	2	217	851	1070
Calories in a serving ($\frac{3}{4}$ oz.) . .	1	8	34	43

CHERRY SAUCE

1 cup water	$1\frac{1}{2}$ cups cherry juice
2 tablespoons sugar—if cherry sauce is sweetened previously; otherwise, $\frac{3}{4}$ cup	2 tablespoons cornstarch
	2 tablespoons butter

Mix the cornstarch, butter and sugar together. Pour over these the cup of boiling water, then the cherry juice. Put to cook in the inner portion of a double boiler, directly over the flame and bring to the boiling point. Then set in the outer portion of the double boiler and cook for twenty minutes.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe.	1	217	697	915
Calories in 1 serving (1½ oz.) .	0	13	42	55

CANNING AND PRESERVING

KEEPING fruit from one season to another has been for many centuries an important duty of the housewife. Within recent years, however, she has been relieved somewhat from this duty by the canning factories, who supply this food for the home in a very attractive way.

Many a housewife still finds it more economical to put up her own fruit. By so doing, she is also able to add some features to meet the fancy of her own taste and that of her family.

Canning, as a process, was discovered a little more than a century ago by a Frenchman named Appert. The scientific reason for the preservation of fruit by this method was not forthcoming until about fifty years ago when Pasteur, also a Frenchman, discovered the causes of the spoilage of food.

Pasteur discovered that there are present in the air, in the soil and on almost any surface with which we come in contact, tiny organisms of vegetable origin, so small as to be visible only by the aid of the microscope. For this reason, they are often spoken of as "micro-organisms." These organisms are: molds, familiar to the housewife; yeasts, also familiar, and bacteria—otherwise known as "germs." These microorganisms grow and develop in much the same way as any other plant,—they must have warmth, moisture and food.

Human foods serve admirably as sources of food for these organisms. In feeding upon these foods, microorganisms bring about certain destructive changes such as fermentation in fruits and vegetables and putrefaction in meat, eggs and other protein foods. Most of our human foods

also contain sufficient quantities of water to supply the necessary moisture.

Warmth favors the growth of them; hence, spoilage takes place much more rapidly in the summer than in the winter. Heat, however, is deadly providing it is applied in a sufficient degree and a sufficient length of time. Yeasts and molds are destroyed at comparatively low temperatures; therefore, their destruction in the canning process is no serious problem.

The chief objective in the cooking of foods in the canning process is for the purpose of killing the bacteria, although yeasts and molds are destroyed at the same time. Prolonged cooking detracts from the appearance and the flavor; therefore, the present day canning methods are designed to cook at the lowest temperatures and for the shortest time possible and, at the same time, destroy the bacteria present.

Food that is designed for canning should be delivered as soon as possible to the housewife and no time should be lost after it is delivered. The sooner canned, the more delicate will be the flavor and the more likely it is to keep. Only food in prime condition should be canned.

The jars selected as containers should be large-mouthed so as to be easily cleaned and the cover allowing as little contact as possible with the metal. A glass cover is preferable to a metal one, although a metal band which holds a glass top in place is not in the least objectionable. Only new rubbers of good quality should be used. Unless there is considerable elasticity to the rubber, it is not worth using. Containers should be tested before using. This is accomplished by filling the jars with hot water, putting the rubber and lid in place and sealing. The jar should then be inverted and allowed to stand for five to ten minutes. If any leak occurs, the cause must be detected; otherwise a new cover or a new

rubber should be used. If the cover is one used the previous season, it is quite possible that the edge is not perfectly smooth. Such irregularities may usually be smoothed out by making pressure with the rounded end of a knife handle.

The jars and covers should be washed. If they are to be used in the "Open Kettle" method, they should be put on in cool water and brought to the boiling point and allowed to boil for ten to fifteen minutes. If the jars are new and are to be used in the "Cold Pack" method, they should be tempered by putting them on in cold water and allowing them to boil for five to ten minutes.

In canning fruits, it is usually desirable to prepare a syrup in which the fruit is cooked, either in an open kettle or in a container. One of the three following syrups will usually be found adaptable to the cooking of any of the fruits:

THIN SYRUP

One part of sugar to four parts of water. Boil until the sugar is entirely dissolved. This is suitable for peaches, apples and cherries.

MEDIUM SYRUP

One part of sugar to two parts of water. Boil until it begins to thicken. This is suitable for most berries.

THICK SYRUP

One part of sugar to one part of water. Boil until it begins to string from the spoon. This is suitable for apricots and gooseberries.

Most fruits should be put up with a small amount of sugar, as excessive sweets are irritating to the alimentary tract and tend to cloy the appetite.

Preserves and jellies should be used sparingly, but a few recipes for these have been added to this chapter.

There are in common use two methods of preserving food in sealed utensils. The success of each method depends upon the killing of bacteria in the food and on the container; the rapid, but not sudden, cooling; the careful sealing and storage in a cool dry place, protected from the light.

OPEN KETTLE METHOD

The older method still quite commonly used for fruits and tomatoes is that of sterilizing the jars and fruit separately, which is accomplished by boiling the jars and covers for ten to fifteen minutes. They should be put over the fire in cold water and allowed to come gradually to the boiling point. Measuring cups, spoons, knives and funnel, if used, should also be boiled with the jars.

Test the glass jars as described above. Sterilize the fruit by cooking in a preserving kettle, with or without sugar, using water or not, according to the kind of fruit canned, until the fruit is tender. Small fruits usually require ten minutes cooking. Larger fruits a longer time in proportion to the size.

When the fruit is cooked, fill the sterilized jars. A funnel is convenient for this. Exclude the air by running a sterilized knife or spatula around the inside of the jar. Dip the rubber into boiling water and adjust to the jar. Place the sterilized cover on the jar and screw tight. Wipe the jar with a cloth wrung out of hot water. Place on a board covered with a towel to cool. The jar must not be placed in a draft. When the jars are cooled, it will be well to make sure that covers are tight, before putting them away.

COLD PACK METHOD

The cold pack method is so called because the food is packed in the container cold, or at least only partially heated; this heating being preliminary to the process of sterilization. The United States Department of Agriculture has done much to perfect this method within the last few years. Farmers Bulletin No. 1211, United States Department of Agriculture, gives much detailed information on "Home Canning of Fruits and Vegetables."

This method is adaptable to the canning of almost any kind of foods. It consists of applying heat to the container, previously filled with the food. This is best accomplished by the water bath or the pressure cooker although a steamer can be used, in which event a longer time is required than for either of the other methods.

The following steps are used in the Cold Pack Method:

- I. The fruit or vegetables are washed in clean cold water. Small vegetables should be washed in a colander or in a cheese-cloth square.
- II. The food is blanched, that is, immersed in boiling water or subjected to steam for a few minutes to loosen the skin of certain fruits and vegetables and to shrink others so as to insure a fuller pack in the jar. The fruit or vegetable is usually placed in a wire basket or in a cheese-cloth square. The time allowed for blanching depends upon the size and density of the fruit or vegetable canned. For fruits, from one to two minutes is usually sufficient—for vegetables, from three to eight minutes, though in some instances a longer time is allowed. The time of blanching is counted from the time the food is plunged into the boiling water or the steam. Berries, currants and grapes do

not need to be blanched, but should be packed, immediately after washing, in the containers.

III. A cold dip should follow the blanching. This is, as the name implies, only a dip. It should be accomplished very quickly; the foods remaining in the cold water only a sufficient length of time to enable the worker to handle them with comfort (tomatoes, peaches and certain other fruits should be peeled immediately after blanching). Drain as quickly as possible and—

IV. Pack, filling the jars as full as possible for fruits and most vegetables. Corn, greens and beans should be filled only to one-half inch of the top as these foods expand considerably in heating. Add the liquid, which may be boiling, salted water (one teaspoon of salt to one quart of water for vegetables) or hot syrup. After the jars are filled, remove air-bubbles with a slender knife or spatula; adjust the rubber and the cover and partially seal. When wire-clamp, glass top jars are used, raise the upper clamp to position, but leave the lower one loose. If the covers are too loose during the cooking, the juice within the jars may be drawn out, leaving the jar only partially filled.

The heating of the food within the container a sufficient length of time to preserve it is known as "processing." This may be accomplished either by the water bath or by the pressure cooker.

V. For the water bath method, a wash boiler with a tight fitting cover is usually the most convenient utensil, although a large metal pail, or even a tea-kettle, may be used when only small quantities are canned at a time. If a wash boiler is used, have made a wooden rack with slats across it which may be placed on the bottom of the boiler and thus allow a free circulation

of the water about the cans as it heats. Fill the boiler about two-thirds full of water or sufficient to entirely cover the cans and have an additional inch or more of water above the can covers. If the food to be canned is hot when it is packed in the jar or if boiling syrup or water is poured over it in the can, the water in the boiler may be boiling when the cans are immersed in it. In using the pressure cooker, it is advisable to follow the directions sent with the cooker as these vary somewhat with the different cookers; in general, however, the steps are as follows:

(1) Fill the cooker with sufficient water to come almost to the top of the rack on which the cans are to be placed.

(2) Fill the cooker with the filled cans, adjust the cover, fasten the pairs of clamps opposite each other. Before placing over the fire, test the clamps to see that they are securely fastened.

(3) Set over the flame, leaving the petcock open until the steam escapes in a steady stream.

(4) Close the petcock. Many people prefer to allow a very small amount of steam to escape from it during the cooking process.

(5) Watch the gauge until it registers the desired number of pounds pressure. Try to maintain an even temperature throughout the processing as variations in the pressure are likely to cause the liquids within the jars to be withdrawn.

(6) Count the time of processing from the moment the gauge registers the desired number of pounds pressure.

(7) At the end of the processing period, remove the cooker from the fire and allow to cool until the



CANNING—WATER BATH METHOD

gauge registers zero. It is advisable to wait a few minutes after that before opening the petcock.

(8) When the steam has escaped through the petcock, unscrew the clamps, remove the cover and lift the cans from the cooker.

- VI. Remove the jars from the water bath and tighten the covers. In the case of the clamp cover, seal by pressing down the lower clamp. Set the jars away to cool in a place without drafts. When fairly cool, test the seal by inverting the jars. If liquid escapes, the seal must be made tighter. Adjust the label.
- VII. Store the canned food in a cool, dry place. As far as possible, light should be excluded from the room, as exposure to light causes fading of the product.
-

The time for processing varies with the size of the container and the method used. The time for blanching also varies with the size and density of the fruit or vegetable. A table follows which shows the time required for blanching and processing fruits and vegetables. The table is quoted from Farmers Bulletin No. 1211, U. S. Department of Agriculture (Pages 49-50).

SUMMARY TABLES

Time required for blanching and processing fruits and vegetables.

Product.	Glass jar.	Tin can.*	Blanch or cook.	Water bath at 212° F.	Steam pressure		
					5 pounds, 228° F.	10 pounds, 240° F.	15 pounds, 250° F.
Apples—whole, packed hot.....	Pint or quart.	No. 2, 2½, or 3.	10 minutes	Minutes.	Minutes.	Minutes.
Apples — sliced, quartered, or halved.do.....do.....	1½ minutes	20 to 30 minutes, or 10 minutes (if packed hot).	10
Apple sauce.....do.....do.....	10 to 20 minutes	10
Apricotsdo.....do.....	1 to 2 minutes	30 minutes	10
Asparagus *	Pint	No. 2.	4 minutes	30 to 40
Beans, string.....	Pint or quart.do.....	3 to 5 minutes in water, or 5 to 10 in steam.	40 to 50
Beans, Lima *	Pintdo.....do.....
Beets	Pint or quart.do.....	5 to 10 minutes	180 minutes	60	45 to 60
.....do.....do.....	40
Berries, etcdo.....	No. 2, 2½, or 3.	10 to 20 minutes	10
Blackberriesdo.....do.....do.....	10
Blueberriesdo.....do.....do.....	10
Carrotsdo.....	No. 2.	3 to 5 minutes	180 minutes	60	40
Cherriesdo.....do.....	¼ minute	25 minutes	10
Corn, sweet, * Maryland style....	Pintdo.....	1 to 5 minutes	90	60 to 90
Currants	Pint or quart.	No. 2, 2½, or 3.	10 to 20 minutes	10
Dewberriesdo.....do.....do.....	10
Figsdo.....	No. 2.	5 minutes in soda; 60 minutes in sirup.	30 minutes	25

* In pint jars only, when processing glass jars in water bath.

SUMMARY TABLES

Time required for blanching and processing fruits and vegetables.

Product.	Glass jar.	Tin can.	Blanch or cook.	Water bath at 212° F.	Steam pressure		
					5 pounds, 228° F.	10 pounds, 240° F.	15 pounds, 250° F.
Gooseberries	do.	No. 2, 2½, or 3.	10 to 20 minutes.	Minutes. 10	Minutes.	Minutes.
Gooseberries—sauce (packed hot).	Pint or quart	No. 2, 2½ or 3	10 minutes	5
Grapes	do.	do.	10 to 20 minutes	10
Greens	do.	No. 2.	4 minutes (15 minutes if in steam).	90	35
Guavas	do.	No. 2 or 3.	¼ minute	25 minutes	15
Huckleberries	do.	No. 2, 2½, or 3.	10 to 20 minutes	10
Loganberries	do.	do.	do.	10
Okra	Pint	No. 2.	6 to 8 minutes	30
Peaches	Pint or quart	No. 2, 2½, or 3.	1 minute	20 to 30 minutes	10
Pears	do.	4 to 8 minutes in sirup.	do.	10
Péas	Pint	No. 2.	3 to 8 minutes (water or steam).	40 to 50
Peppers, pimentoes	No. 1 or 2	6 to 8 minutes in oven.	30 minutes
Pineapple	Quart.	No. 2 or 3.	do.	10
Plums	Pint or quart.	No. 2, 2½, or 3.	20 to 30 minutes.	12
Pumpkin	do.	No. 2.	10 to 15 minutes in steam.	120 to 300 minutes.	40 to 60
Raspberries	do.	do.	10 to 20 minutes.	10

SUMMARY TABLES

Time required for blanching and processing fruits and vegetables.

Product.	Glass jar.	Tin can.	Blanch or cook.	Water bath at 212° F.	Steam pressure		
					5 pounds, 228° F.	10 pounds, 240° F.	15 pounds, 250° F.
Rhubarb sauce (packed hot).....do.....	10 to 20 minutes....	Minutes. 10	Minutes.	Minutes.
Rhubarbdo.....	20 to 30 minutes....	10 to 15	90	35
Spinach	Pint or quart.	No. 2...	4 minutes in water; 15 minutes in steam.
Squash, winterdo.....do.....	10 to 15 minutes in steam.	120 to 300 minutes..	40 to 60
Strawberriesdo.....	No. 2, 2½, or 3.	10 to 20 minutes....	10
Sweet potatoesdo.....	No. 2 or 3.	10 to 15 minutes.	180 to 300 minutes..	70	60
Tomatoesdo.....	No. 2, 2½, or 3.	1 to 1½ minutes.	25 to 30 minutes....	15	10
Tomato puréedo.....	No. 2....do.....do.....	15	10
Vegetable mixture (tomato and corn), as specified for canning in each case.do.....do.....	30
Vegetable-soup mixture, as specified for canning in each case.do.....do.....	40

BOTTLED GRAPE JUICE

Pick Concord grapes from the stem, wash, crush and put to cook over a low flame. Allow the fruit to come slowly to the simmering point. Pour into a jelly bag and allow juice to drain through a double thickness of cheese-cloth. Let this stand for a few hours in order that the sediment may settle. Then pour off and reheat; add sugar, allowing one cup to a quart of juice. Heat the sugar and juice to the simmering point (about 185 degrees). Pour into freshly boiled bottles, insert corks that have been scalded in boiling water; then place the bottles in the hot water bath, having water in the bath not more than 185 degrees. Process for thirty minutes at this temperature. Remove the bottles, tighten the corks and allow to cool; then dip the top of the bottle, including all of the stopper into melted paraffin or into sealing wax.

Fruit juices prepared from fresh fruit and processed at temperatures not exceeding the simmering point are much more delicious in flavor than those cooked at higher temperatures.

Fruit juices may be prepared from other fruits, such as currants, berries and cherries in similar manner.

	Protein	Fat	hydrate Carbo-	Total
Calories in a serving (6 oz.) . . .	0	0	142	142

BOTTLED APPLE JUICE

Sort and wash the apples. Put them through a fruit press to extract the juice. Heat to a temperature of 160° to 170° F., then pour into sterilized bottles, put in scalded cork stopper and place in a water bath at a temperature of 160° to 170° F. Keep the apple juice at this temperature for forty-five minutes. Remove from the water; put cork

in as lightly as possible; dip the top of the bottle, including all of stopper, into melted paraffin or sealing wax. Cool without a draft.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving (6 oz.) . . .	0	0	102	102

CANNED PEACHES

8 quarts peaches

3 quarts water

1 quart sugar

Put the sugar and water together and stir over the fire until the sugar is dissolved. When this syrup boils, skim, and draw the kettle back where it will keep hot, but not boil.

Blanch the peaches by immersing in boiling water for about one minute; then plunge into cold water—remove and peel. The skin should slip off easily. Halve the peaches, remove the pit and pack peaches in the jar. If the peaches are packed in layers with concave surface down, the appearance of the jar is more pleasing and the pack is economical of space. Pour the boiling syrup over the peaches, filling the jar to the brim. Remove the air bubbles by means of a knife or spatula, previously sterilized. Adjust the rubbers and covers and process in the hot water bath twenty to thirty minutes or cook in the pressure cooker ten minutes with five pounds pressure.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	77	22	5024	5123
Calories in a serving (3½ oz.) .	2	1	91	94

CANNED CLINGSTONE PEACHES

1 quart sliced clingstone
peaches

1 cup water
1 cup sugar

Prepare the same as for canned peaches except that the peaches are sliced from the pit. Prepare the syrup, using

equal parts of sugar and water, and allow to boil until it begins to thicken. Pour over the peaches and proceed the same as for canned peaches.

Calories in recipe.	17	4	1169	1190
Calories in a serving (3½ oz.).	1	1	128	130

CANNED PINEAPPLE

Select ripe and firm pineapples of good flavor. This is usually determined by the aroma given off by the pineapple. If it smells deliciously it is usually a good fruit. Pineapples which are devoid of aroma should be rejected. Remove the top and slice the pineapple into half-inch slices; peel each slice, remove the eyes, quarter and cut out the core, or, if preferred, the pineapple may be cubed instead of quartered. Make a syrup, using equal parts of sugar and water. Fill the jar with fruit and cover. Process in water bath for thirty minutes or in pressure cooker for ten minutes at five pounds pressure.

	Protein	Fat	Carbo- hydrate	Total
Calories per quart.	9	17	1632	1658
Calories in a serving (3½ oz.).	1	2	178	181

CANNED STRAWBERRIES

To each pound, (approximately one quart) of berries, allow three-fourths of a pound (1½ cups) of sugar, making a syrup of the sugar and water, in the proportion of 2 cups of sugar to one cup of water. Cook the syrup until it begins to thicken. Fill glass jars with the berries and pour the hot syrup over them. Let stand fifteen minutes, when the berries will have shrunk, then fill again with fresh berries.

Adjust the rubbers and covers. Process according to the table given on page ??, using either the hot water bath or the pressure cooker.

	Protein	Fat	Carbo- hydrate	Total
Calories per quart	18	24	1502	1544
Calories in a serving (3½ oz.) .	2	2	164	168

CANNED CHERRIES

Allow two cups of sugar and one cup of water to each quart of pitted cherries (sour). Make a syrup of the sugar and water and boil fifteen minutes. Pack the cherries into the jar and fill the jar with boiling syrup. Remove the air bubbles and process according to the table given on page ??

	Protein	Fat	Carbo- hydrate	Total
Calories per quart	35	64	2432	2531
Calories in a serving (3 oz.) . . .	2	3	135	140

CANNED CHERRIES WITH STONES

Prepare same as the above, using one and one-fourth quarts of cherries with stones to one cup of sugar and one cup of water.

	Protein	Fat	Carbo- hydrate	Total
Calories per quart	40	80	2548	2668
Calories in a serving (3 oz.) . . .	2	3	123	128

CANNED CRABAPPLES

1 pint of sugar

1 pint of water

1½ quarts crabapples

Select as nearly perfect crabapples as possible. Wash, wipe dry; remove the stems and blossom end. Prepare a syrup of the water and sugar; when boiling, drop in the crabapples. Cook slowly one-half hour or until the crab-

apples are soft and tender. Proceed as prescribed in open kettle method. This quantity fills a quart jar—if not, add boiled water:

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	16	46	2406	2468
Calories in a serving (3½ oz.).	1	2	129	132

CANNED APRICOTS

1½ quarts apricots

2 cups sugar

1 cup water

Select firm, ripe apricots. Place them in a wire basket and immerse in boiling water one to two minutes—long enough to loosen the skins. Dip in cold water. Peel, halve, remove the seeds and pack in jars as closely as possible. Prepare a syrup and when boiling fill the jars. Proceed as for Canned Peaches.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	43	0	2371	2414
Calories in a serving (3½ oz.).	2	0	143	145

JELLY

The jelling property of fruits is due to a substance known as "pectin." Some fruits are known to produce good jelly, while others do not. By chemical analysis, it has been found that those which produce good jelly contain relatively large amounts of this substance.

Fruits that are rich in pectin are: currants, sour apples, crabapples, under-ripe grapes and quinces. The fruits that are poor in pectin are: strawberries, cherries, rhubarb, peaches, pears and pineapple. When the flavor of a pectin-poor fruit is desired as a basis for jelly, it is necessary to combine with it some pectin-rich juice.

It is sometimes desirable to test for the presence of pectin, especially in second, third or fourth extractions. To do so, use equal quantities of cooked fruit juice (about one tablespoonful) and alcohol—95% grain alcohol, wood alcohol or denatured alcohol may be used. If the latter two are used it must be remembered that they are poisonous and the mixture must not be tasted. A jelly-like mass may be lifted with the spoon if pectin is present. It is well to test the first extraction also, in order to compare the results of the second and third. If three-fourths or more of the juice forms a gelatinous mass, then three-fourths the amount of sugar may be used in the making of jelly. If the gelatinous mass is less than half the volume of the juice, this should indicate that the juice will not make a suitable jelly unless additional pectin-rich juice is added.

An acid is also necessary as a constituent of the juice from which jelly is to be made. Acid makes the jelly tender. Sugar is also an essential. The amount varies with the acidity and the pectin present. Only in the case of currants, very sour apples and green grapes is an equal quantity of sugar needed. For other fruit juices, three-fourths as much sugar as fruit juice is abundant.

To prepare the juice for large fruits, follow directions given for apple jelly and quince jelly. For the preparation of the juice of small fruits, such as berries and currants, follow the directions given for grape jelly.

To determine when the jelly has been sufficiently cooked, note the way in which it drops from the side of the spoon. If it breaks off or sheets off, it should be removed from the fire. Another test is to pour a teaspoonful on a cold saucer. Place on ice. If it jellies when cold, it should be turned into clean glasses; covered with paraffin and the metal cover.

APPLE JELLY

12 cups apple juice

9 cups sugar

Wash, stem and wipe the apples. Remove the stem and blossom end. Cut into quarters and put into the preserving kettle. Add cold water sufficient to come almost to the top of the apples or about four quarts of water to eight quarts of apples. Cover, and cook slowly until the apples are soft. Turn the apples into a jelly bag and drain, taking care not to squeeze the apples, as this makes the jelly cloudy. There should be about three quarts of juice to eight quarts of apples and four quarts of water. Boil twenty minutes and add three-fourths the quantity of sugar. Boil five minutes, skim and turn into glasses. Place in a sunny window and let stand twenty-four hours. Cover with paraffin and a metal cover. Keep in a dry place. If apples are pared a much lighter jelly may be made.

A second extraction of juice may be made from the apples by adding sufficient water to cover and boiling about twenty minutes. Drain as above directed and boil rapidly till reduced to about the same consistency and strength as the first extraction. Then add sugar and proceed the same as above directed. This makes a much better jelly than when the contents of the jelly bag are squeezed to make a second grade jelly.

Apple jelly may be flavored by placing a rose geranium leaf in the bottom of each of the glasses before pouring in the hot jelly. Remove the leaf as soon as it becomes slightly wilted.

Apple jelly may be made at any time, but winter apples are best, and should be used when in their prime, that is, from autumn until December or January. When necessary

to make apple jelly in the spring add the juice of one lemon to every pint of apple juice.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	0	0	10301	10301
Calories in a serving (1 oz.) . .	0	0	68	68

APPLE MINT JELLY

Prepare the fresh mint leaves by washing, draining and chopping. To each cup of chopped mint add one-quarter cup each of sugar and water. Let stand over night; heat to the boiling point, withdraw and drain. Make apple jelly, as directed. Color with green coloring matter. When finished cooking, add a tablespoon of the extracted mint (or more, if desired) to each quart of the apple juice.

Calories in recipe	0	0	10301	10301
Calories in a serving (1 oz.) . .	0	0	68	68

QUINCE JELLY

4½ cups quince juice

6 cups sugar

4½ cups apple juice

Wash and pare the quinces, removing the blossom end first, cut into quarters and remove the cores. To each gallon of quartered fruit add one-half gallon of water. Place over the fire, allowing it to come slowly to the boiling point. Cook slowly for about two hours, or until the fruit becomes soft. Turn into a jelly bag and allow the fruit to drain over night, without pressure. Measure the fruit juice. There should be one and one-half quarts of juice for each gallon of quartered fruit. If there is more water it should be cooked down to this quantity before adding the sugar. Prepare the apple juice as for apple jelly. Add to the quince juices and

heat. Add the sugar, stir until it dissolves. Allow to boil about ten minutes, skimming occasionally. Pour the jelly into glasses which have been sterilized, and set in a window where the sun will strike it for twenty-four hours. Pour about one-fourth of an inch of hot paraffin over each. Cover with the metal lid or waxed paper.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	0	0	6696	6696
Calories in a serving (1 oz.) . . .	0	0	67	67

GRAPE JELLY

Select under-ripe grapes. Wash, pick from the stem and turn into an enamel-lined preserving kettle. Add just enough water (about one-half cup) to prevent the fruit from burning. (If berries or currants are used, it is rarely necessary to add any water). Mash the fruit with the potato masher, put over the fire, cover and allow it to cook slowly until it comes to the simmering point. Stir frequently to prevent sticking and to allow the entire mass of fruit to become heated. Turn into a jelly bag or into a double thickness of cheese-cloth and drain for a half hour or more. Do not squeeze the juice as this makes it cloudy; instead, make further extractions in the same way as for apple jelly. Three extractions are frequently made; the juice from the second and third extractions being combined.

To make the jelly, bring the juice to the boiling point; add the sugar and boil for fifteen to twenty minutes or until it breaks off when dropped from the side of a spoon. The time varies with the different fruits—currant juice will probably need to be boiled only eight to ten minutes, while twenty to thirty minutes may be required for berries and some apples. Skim and turn quickly into clean jelly glasses.

Cover with melted paraffin; put the metal cap on and set in the sun for a few hours to continue the jelling process.

	Protein	Fat	Carbo- hydrate	Total
Calories in a serving	0	0	68	68

CRANBERRY JELLY

1 quart cranberries 1 cup sugar
1 to 2 cups water

Look the cranberries over carefully. Wash and add to the boiling water and let cook until they burst through their skins, then put through a colander. Add the sugar gradually, stirring until the sugar is dissolved, then let boil without stirring eight or ten minutes, or until it jellies. The jelling point can be easily determined by dropping a little from the point of a spoon on a cold plate. If the drop stands up round, and does not flatten, it has been cooked sufficiently. Pour into molds or glasses which have been wet with cold water and set away to cool. The dark colored cranberries are usually drier, and require more water than the lighter colored ones.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	10	36	1180	1226
Calories in a serving	1	1	36	38

SPICED CRANBERRY JELLY

1 quart cranberries 1 cup sugar
1 three-inch-stick cinna- ½ teaspoon mace
mon ⅛ teaspoon salt
1⅓ cups boiling water

Look the cranberries over carefully, wash, and put them to cook in one cup of boiling water with the cinnamon and mace. Let cook slowly until the berries burst. Rub through

a colander, add the sugar and the remaining one-third cup water and the salt. Cook about six minutes, or until a drop on a cold dish will retain its shape. Turn into molds wet with cold water.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	10	36	1180	1226
Calories in a serving (1 oz.) . . .	1	1	36	38

PRESERVES

Preserves are made of the whole fruit, if small fruits are used, or large sections of large fruits. These are cooked in a heavy syrup until tender and transparent. Hard fruits, however, should first be cooked in boiling water until tender, then added to the hot syrup. When this is done, the juice in which the fruit is cooked should be used for the liquid of the syrup. Very juicy fruits, such as strawberries, will furnish sufficient liquid without the addition of water.

To make the syrup, two or three parts of sugar should be used to one of water. Boil the syrup for about five minutes—skim and add the fruit. Cook rapidly to obtain a bright sparkling color. Seal in clean jars the same as for canned fruit.

PRESERVED PEARS

1 pound pears

1½ cups sugar

¾ cup water

Take the fall fruit that is too ripe for canning. Peel, core, cut in quarters. For each pound of fruit allow three-fourths of a pound of sugar (1½ cups) and ¾ cup of water. Boil five to ten minutes, skim and add the fruit. Let boil rapidly until transparent. Seal in sterilized jars.

If the pears are hard, they must be cooked in boiling water till tender, drained and then added to the boiling syrup. These directions apply to all large fruits.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	10	19	1624	1653
Calories in a serving (1 oz.) . . .	1	1	81	83

STRAWBERRY PRESERVES

2 quarts strawberries

3-4 cups sugar

Wash and hull nice ripe berries. Allow three-fourth to one pound of sugar to each pound of strawberries, the exact amount depending upon one's taste. One quart of berries should approximate one pound. Two cups of sugar make one pound. Put a layer of berries in a preserving kettle, then a layer of sugar, and continue alternately berries and sugar until the kettle is a little more than half full. Do not try to cook too many at once. Let come slowly to the boiling point and continue boiling for twenty minutes or until they form a thick syrup. Seal in sterilized jars or put in jelly glasses and cover with paraffin.

The berries will take up more of the syrup and thus be more plump if when brought to the simmering point with the sugar, they are set aside for several hours, or over night; then cooked in the same way as above described. If very fine preserves are desired this process may be repeated two or three times.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	30	30	3006	3066
Calories in a serving (1 oz.) . . .	1	1	75	77

PEAR CHIPS

4 pounds pears

 $\frac{1}{8}$ pound Canton ginger

2 pounds sugar

2 lemons

Wash the pears, remove the stems, quarter and core; then cut in small pieces. Add the sugar and ginger, and let stand over night. In the morning add the lemons cut into small pieces, rejecting the seeds, and cook slowly for three hours. Put in a stone jar.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	42	91	4888	5021
Calories in a serving (1 oz.) . . .	1	1	36	38

RED RASPBERRY PRESERVES

2 quarts raspberries

3-4 cups sugar

Prepare the same as for strawberry preserves.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	60	60	3156	3276
Calories in a serving (1 oz.) . . .	1	1	79	81

PRESERVED PEACHES

4 quarts halved peaches

2 quarts sugar

1 quart water

Dip the peaches into boiling water and remove the skin. Halve, and turn into a preserving kettle in which has been prepared a syrup of the water and sugar. Cook until the peaches are tender or about forty-five minutes. Seal in sterilized jars.

Sliced cling-stone peaches may be preserved the same way.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	67	19	8323	8409
Calories in a serving (1 oz.) . . .	1	0	65	66

WATERMELON PRESERVES

1 quart sugar	2 quarts diced melon rind
2 lemons	2 four-inch sticks cinnamon
1 dozen cloves	water

Use only the rind of the watermelon. Trim off the hard green part, also the red portion. Cut into cubes about three-fourths of an inch square. Boil in salted water till tender and drain. Prepare a syrup of the sugar and one cup of the water in which the melon cubes were cooked. When boiling, add the seasoning, including the thinly sliced lemon, next add the diced melon and let boil rapidly until the melon is clear. Seal in clean, hot jars.

The red portion may also be used but it should not be overripe, and should be cooked separated from the rind.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	4	7	1862	1873
Calories in a serving (1 oz.) . . .	0	0	40	40

JAMS AND MARMALADES

Jam is made of mashed fruits, cooked with the sugar until of a jelly-like consistency. Berries are admirably suited to the making of jams. Peaches and grapes are also frequently used.

To make jam, crush the fruit with the potato masher and to each pint, use a cup and a half to two cups of sugar. Unless quite acid, the lesser amount is desirable. A quart of berries weighs approximately one pound. If blackberries are used, they should be put through a fine colander or a sieve in order to remove the seeds, which are objectionable. Heat the fruit to the boiling point and cook for five to ten minutes; then add the sugar and boil rapidly

until the jam is thick and jelly-like. Use the same test for jellifying as for Jelly. It will need to be stirred while cooking to prevent burning.

Seal in clean, hot jars or jelly glasses.

Marmalade is made similar to jam except that the fruit is not crushed but is sliced instead.

Fruit butters are very similar to the jams except that they are made with less sugar and the fruit is first cooked until tender; then put through a colander or a sieve, after which the sugar is added and the mixture cooked rapidly until it is thick.

ORANGE and GRAPEFRUIT MARMALADE

4 oranges

2 lemons

1 grapefruit

4 pounds sugar

4 cups water

Wash, dry and halve the grapefruit, oranges and lemons; extract the juice and the pulp by means of a lemon drill. Scrape out all the coarse white part of the skins; use the skins of all the fruit except that of one orange. Chop the peel in a food chopper or slice very fine with a slicer, and add to the juices with an equal quantity of water. Let stand over night in a cool place. In the morning boil with the sugar, until it jellies, or about one hour. Put in jars or glasses; cover with paraffin and a metal cover.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	37	24	7797	7858
Calories in a serving (1 oz.) . . .	1	0	86	87

ORANGE MARMALADE

Make the same as for Orange and Grapefruit Marmalade, substituting two additional oranges for the grape fruit.

Calories in recipe	37	24	7797	7858
Calories in a serving (1 oz.) . . .	1	0	86	87

CANDIED ORANGE PEEL

Peel 1 orange $\frac{1}{2}$ cup sugar $\frac{1}{2}$ cup water

Scrub the orange, remove the peel in quarters, take off superfluous white and cut the peel into narrow strips. Cook in boiling water, covered, until perfectly tender. Drain. Make a syrup of the sugar and one-fourth cup of the water in which the peel was cooked. When dissolved, add the peel and cook slowly until most of the water evaporates. Drain, and roll the strips in coarse granulated sugar.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	0	0	456	456
Calories in a serving (1 oz.) . . .	0	0	76	76

CANNED VEGETABLES

Canning with the pressure cooker is the only safe way of preserving vegetables. Spoilage occasionally takes place even with the pressure cooker, but is a matter of quite frequent occurrence with the water bath method even though the greatest of care is taken in the canning. This is because the spores (the resting state of bacteria) are much more difficult to kill than the bacteria in the active state. Another reason why vegetables are more difficult to can than fruits is because they are lacking in acids which assist in the destruction of bacteria and spores. The water bath method

is quite successful, however, in certain parts of the country, depending upon the character of the bacteria that are indigenous to that section. Information regarding the success of this method in any particular state may be obtained by writing to the State Agricultural College.

CANNED BEANS

Select tender, freshly picked beans—either the green string bean or the wax bean. Prepare by removing the strings with a paring knife and cutting into two inch lengths. Blanch by dipping in boiling water from three to five minutes; plunge into cold water, then pack closely in jars. Add one teaspoon of salt to each quart can and fill with boiling water. Remove air bubbles; cover, partially seal and place cans in pressure cooker. Process according to directions given above for the use of the pressure cooker, allowing forty to fifty minutes at ten pounds pressure. Remove from the fire and proceed as above directed for the use of the pressure cooker. If the water bath method is used, process three hours.

CANNED CORN

For successful canning, care must be used in the selection of the corn. It must be tender and juicy. It must also be canned very quickly after taken from the field. Blanch the corn on the cob, allowing it to stand in boiling water from two to five minutes, or until milky liquid does not ooze from the corn when pricked with a fork. Dip into cold water, quickly remove and cut corn from the cob, cutting close to the cob so as to make scraping unnecessary. Pack the corn as quickly as possible into hot jars; add one teaspoon of salt and two teaspoons of sugar to each quart can. Cover with boiling water to within one inch of the top. Some prefer to

put the corn in a sauce pan and bring to the boiling point with half the quantity of boiling water—the seasonings added before packing in jars. Process in the pressure cooker ninety minutes under ten pounds pressure. If the water bath method is used, four to six hours should be given to the cooking.

CANNED PEAS

Select tender, young peas and secure them as quickly as possible after gathering. They should be canned the same morning as picked. The more quickly they are canned, the better will be the product and the more likely to keep. Shell, wash and sort out any spoiled peas or those that are too mature. Blanch by immersing in boiling water from three to ten minutes. Dip into cold water if the peas are starchy; if not, drain and pack to within a inch of the top of the jars. Add one teaspoon of salt and two teaspoons of sugar to each quart and fill with boiling water. Remove air bubbles, cover—partly seal and cook in the pressure cooker forty to fifty minutes under ten pounds of pressure. If the water bath method is used, process three hours.

CANNED TOMATOES

Select firm, ripe tomatoes of a size to go through the mouth of the jar, dip into boiling water, then into cold water; remove the skin and place in jars. When the jars have been filled, add one teaspoon of salt and boiling water, or tomato juice made as follows:

Wash and slice ripe tomatoes, put over the fire and cook about twenty minutes; add a teaspoon of salt to each quart of tomatoes, and put through a colander to remove skins and seeds.

Adjust rubbers and covers and process in the hot water bath thirty minutes. Remove, seal and cool.

If the Open Kettle method is preferred, blanch, cold dip and peel as above directed. Place in a porcelain lined kettle and boil eight to ten minutes. Fill jars, previously sterilized, as directed in Open Kettle Method. Adjust rubber and cover and seal. Cool.

It is better to can only a few tomatoes at a time, as spoilage may take place between the various steps if there is delay.

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In the canning of other vegetables, use the directions given with the canner or send for Farmers Bulletin No. 1211, U. S. Department of Agriculture, Washington, D. C.

SPECIAL DISHES FOR INVALIDS

BARLEY WATER

1 tablespoon barley flour 1 teaspoon salt
1 pint boiling water 2 tablespoons cold water

Rub the barley flour (which may be obtained at any pharmacy), salt and cold water to a paste; add to the boiling water, stirring constantly. Let boil five minutes, then cook in double boiler thirty minutes, and strain.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	3	1	21	25
Calories in a serving (4 oz.) . .	1	1	5	7

ALBUMIN WATER

$\frac{1}{2}$ cup water 1 egg-white

Beat the egg-white slightly until foamy, add the water and strain through a cheese cloth. If preferred, a few drops of lemon juice may be added. Carbo-

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	14	1	0	15
Calories in a serving (5 oz.) . . .	14	1	0	15

OATMEAL GRUEL

3 tablespoons Rolled Oats 1 pint water
 ¼ teaspoon salt

Add the Rolled Oats to salted, boiling water; let boil ten minutes, then put in double boiler and cook three hours; strain.

strain.	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	9	8	37	54
Calories in a serving (6 oz.) . .	5	3	19	27

TOASTED FLAKE GRUEL

2 cups toasted rice or
Corn Flakes

2 cups water
 $\frac{1}{4}$ teaspoon salt

Heat the water to the boiling point, add the salt and flakes, and cook until thoroughly softened, then strain through a sieve to make perfectly smooth.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	32	4	274	310
Calories in a serving ($6\frac{1}{2}$ oz.) . .	12	1	99	112

CREAM OF CORNMEAL GRUEL

1 cup cornmeal
1 cup cold water

$1\frac{1}{2}$ cups cream
1 teaspoon salt

3 cups boiling water

Moisten the cornmeal with the cold water and add salt. Stir slowly into the boiling water and continue stirring until thickened; then set in double boiler and cook four hours; add hot cream just before serving.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	77	622	437	1136
Calories in a serving ($3\frac{3}{4}$ oz.) .	6	48	33	87

CORNMEAL GRUEL

2 tablespoons cornmeal
 $\frac{1}{2}$ cup cold water

$1\frac{1}{4}$ cups boiling water
 $\frac{1}{2}$ teaspoon salt

Moisten the cornmeal and the salt with the cold water and add to the boiling water. Cook over the flame until

well thickened, then set in a double boiler and cook four hours. Strain and add more liquid, if necessary.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	5	7	47	59
Calories in a serving (6¼ oz.) .	2	4	24	30

FOAMY EGG-NOG

1 egg	1 teaspoon lemon juice
2 teaspoons sugar	2 teaspoons cream

Beat the egg-yolk until light and lemon colored. Add one teaspoon of the sugar, the lemon juice and the cream. Beat the egg-white until stiff. Add the remainder of the sugar. Fold three-fourths of the egg-white into the egg-yolk mixture, leaving the remainder to place on top.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe and serv- ing (2 oz.)	24	56	20	100

FRUIT EGG-NOG

2 egg-whites	4 teaspoons sugar
1 egg-yolk	4 tablespoons fruit juice

Beat the egg-yolk until light and lemon colored. Add one-half of the sugar. Beat the egg-whites until stiff with a rotary egg beater to make them fine grained. Fold the remaining half of the sugar into the whites. Fold the egg-whites into the yolk mixture, and pour the fruit juice over the mixture in the glass.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe and serv- ing (4 oz.)	34	64	98	196

MILK EGG-NOG

1 egg
 ¾ cup milk

2 teaspoons sugar
 A few drops vanilla

Beat the egg thoroughly. Add the sugar and the milk (part cream, if desired). Add the flavoring and serve in a glass.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe and serving (8 oz.)	45	114	72	231

MALTED NUTS EGG-NOG

1 egg
 ½ cup Malted Nuts

½ cup water
 ½ teaspoon vanilla

Place all the ingredients in a glass fruit jar and shake until light and foamy.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	77	181	97	355
Calories in a serving (6 oz.) . . .	61	145	77	283

ORANGE EGG-NOG

1 egg
 2 teaspoons sugar

Juice 1 orange
 ½ teaspoon lemon juice
 1 tablespoon cream

Beat the egg-yolk until light, add one-half of the sugar, then gradually the orange and lemon juice; then add the cream and fold in the stiffly beaten egg-white to which has been added the remainder of the sugar.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe and serving (3 oz.)	24	64	160	248

LEMON EGG-NOG

2 egg-whites

1 tablespoon lemon juice

1 tablespoon sugar

Beat the egg-whites until stiff and fold in the sugar and the lemon juice.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe and serv- ing (3 oz.)	21	1	62	84

HOT MALTED NUTS

 $\frac{1}{4}$ cup dry Malted Nuts $\frac{3}{4}$ cup boiling water

Salt, if desired

Pour the hot water into the dry Malted Nuts, stirring while so doing. It is ready to serve at once.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe and serv- ing (7 oz.)	34	88	61	183

HOT MALTED MILK

4 tablespoons Malted Milk

Hot water to fill a glass

Moisten the dry Malted Milk with enough warm water to make a smooth paste, then add remaining hot water gradually, stirring constantly. A little salt or celery salt may be added as seasoning.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe and serv- ing (8 oz.)	20	23	79	122

STRING BEAN SOUFFLE

1 egg	2 tablespoons cream
$\frac{1}{2}$ cup string bean purée	$\frac{1}{4}$ teaspoon salt

Prepare the bean purée by mashing 1 can of string beans or an equal quantity of cooked fresh beans, through a colander. This quantity should make half a cup of purée. Beat the egg thoroughly, add the cream, salt and the bean purée. Fill buttered ramekin dishes three-fourths full, set in a pan of hot water and bake in a moderate oven till set. Serve immediately.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	31	88	22	141
Calories in a serving ($3\frac{1}{4}$ oz.) .	15	44	11	70

PEAS SOUFFLE

1 egg	2 tablespoons cream
$\frac{1}{2}$ cup pea purée	$\frac{1}{4}$ teaspoon salt

Prepare the same as for string bean souffle.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	42	89	49	180
Calories in a serving ($3\frac{1}{4}$ oz.) .	21	45	24	90

CELERY SOUFFLE

3 eggs	$\frac{1}{4}$ cup flour
1 cup celery purée	2 tablespoons butter
$\frac{3}{4}$ cup milk	$\frac{1}{2}$ teaspoon salt

Prepare the celery purée by stewing the celery, cut from six roots, until quite dry and tender. Rub through a colander or sieve. Heat the milk in a double boiler; rub the flour and butter together and turn slowly into it the warmed

milk. Cook twenty minutes in a double boiler. Beat the egg yolks and turn slowly into them the thickened milk, the celery purée and salt. Beat the egg whites until stiff and fold into the mixture. Turn all into buttered ramekin dishes. Set in a pan of hot water and bake until firm.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	110	415	138	663
Calories in a serving (3 oz.) . . .	21	78	26	125

CARROT SOUFFLE

1 egg	2 tablespoons cream
½ cup carrot purée	¼ teaspoon salt

Prepare the purée by forcing boiled or steamed carrots through a colander. Proceed as for string bean soufflé.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	31	89	47	167
Calories in a serving (3¼ oz.) .	15	45	23	83

PARSNIP SOUFFLE

1 egg	2 tablespoons cream
½ cup parsnip purée	¼ teaspoon salt

Prepare the same as for carrot soufflé.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	32	89	34	155
Calories in a serving (3¼ oz.) .	16	45	17	78

ASPARAGUS SOUFFLE

1 egg	2 tablespoons cream
¼ teaspoon salt	½ cup asparagus purée

Prepare the same as for string bean soufflé.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	33	87	18	138
Calories in a serving (3¼ oz.) .	16	44	9	69

BAKED CORNLET

2 cups corn

2 tablespoons butter

1½ cups corn flakes

Put the corn through a food chopper or purée sieve; add melted butter and most of the corn flakes, reserving a few flakes for the top. Put into buttered ramekins, sprinkle a few flakes on the top and bake.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	68	278	526	872
Calories in a serving (4½ oz.)	17	69	131	217

MALTED NUTS CREAM

1 cup Malted Nuts

1 cup hot water

¼ cup cream

Dissolve the Malted Nuts in the hot water and add the cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	114	377	205	696
Calories in a serving (6 oz.) . . .	49	161	87	297

ALMOND CREAM

2 tablespoons almond butter

½ cup cold water

Emulsify the almond butter by adding the cold water a few drops at a time and thoroughly mixing before any more is added.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe and serv- ing (5 oz.)	9	53	8	70

MELTOSE WHIP

1 egg-white

1 cup Meltose

Beat the egg-white until stiff, fold into the Meltose and continue beating until light. Flavor with vanilla, if desired.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	10	1	862	873
Calories in a serving (1¼ oz.) .	1	1	107	109

MELTOSE WITH BUTTER

1 cup Meltose

½ cup butter

Heat the Meltose over water. Stir in the butter and mix until thoroughly blended.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	5	870	862	1737
Calories in a serving (1½ oz.) .	1	93	92	186

APPLE WHIP

1 egg-white

4 tablespoons apple sauce

Put the apple sauce through a colander. Beat the egg-white to a stiff froth, and fold in the apple sauce.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe and serving (3 oz.)	11	4	85	100

APPLE SNOW

1 medium-sized apple

1 tablespoon sugar

1 egg-white

A few drops lemon juice

Peel a ripe, mellow apple, and scrape, reducing the apple to a fine pulp. Fold this into the stiffly beaten egg-white,

add the sugar and a few drops of lemon juice. Serve in sherbet glasses with a bit of bright jelly on top. It should be served immediately.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	13	7	145	165
Calories in a serving (3½ oz.) .	6	4	73	83

MELTOSE ICE CREAM

1 pint cream
1 cup Meltose
1 teaspoon vanilla

Warm the Meltose slightly and add to the other ingredients. Cool and freeze.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	45	758	944	1747
Calories in a serving (4 oz.) . .	7	116	145	268

ALMOND ICE

6 tablespoons almond
butter
½ cup hot water
1½ cups cold water
½ egg-white
¼ teaspoon vanilla

Add hot water gradually to almond butter, mixing until smooth. Add cold water and stiffly beaten egg-white. Flavor with vanilla and freeze.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	83	459	64	606
Calories in a serving (4 oz.) . .	17	97	13	127

Half water and half cream may be used instead of the cream.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	231	430	245	906
Calories in a serving (1 oz.) . . .	81	150	86	317

GLUTEN BRAN PUFFS

1 egg	$\frac{3}{4}$ cup buttermilk
$\frac{1}{2}$ teaspoon soda	$\frac{3}{4}$ cup cream
1 cup bran	1 cup gluten flour
$\frac{1}{4}$ teaspoon salt	

Beat egg and add the milk and cream. Sift the soda, salt and flour together and add to the liquid ingredients. Stir well, then fold in the bran. Bake in muffin pans in a hot oven. If used by Diabetic patients, Diabetic Bran should be used.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	164	421	468	1053
Calories in a serving (1 oz.) . . .	11	28	31	70

PARAFFIN OIL SALAD DRESSING

2 egg-yolks	2 tablespoons lemon juice
$\frac{1}{2}$ teaspoon salt	$1\frac{1}{4}$ cups paraffin oil

Add salt to the egg yolks, beat with a turbine or rotary egg-beater until thoroughly blended. Add the lemon juice. Then add the oil in quantities of a tablespoonful or more, being sure that all the oil has completely combined with the egg yolks before more is added. Toward the last, larger quantities of oil may be added without danger of separation. Having all ingredients cold and the mixing bowl in a dish of ice will insure against danger of separation. If, for any

reason, the mixture should separate, take another egg-yolk, beat thoroughly and add the unsatisfactory dressing to the egg just as the oil was added at first. If a more acid dressing is desired, more lemon juice may be added.

This dressing is particularly desirable for reducing diets because of the oil having no nutritive value; and for laxative diets.

	Protein	Fat	Carbo- hydrate	Total
Calories in recipe	21	102	11	134
Calories in a serving (1 oz.) . . .	2	7	1	10

SUGGESTED MENUS

FOR the busy housewife who has no time for calculations, and little even for the planning of her menus, the following are offered. They form the framework of balanced menus. The staple articles—bread, butter, etc.—must be supplied according to the tastes and working conditions of the family. People who are engaged in active muscular work require comparatively large amounts of the staple articles. The Special Dinner and Banquet Menus are somewhat overbalanced. On such days, the other meals should be made correspondingly light. Milk should be served as a beverage to the children of the family for every meal and frequently to adults. The cream for breakfast cereals is better if diluted with whole milk, one-half or two-thirds. Hot beverages may be served with any meal as desired.

BREAKFAST MENUS

Sliced Pineapple

Boiled Rice with Cream

Hashed Brown Potatoes

Graham Toast—Butter

Cereal Coffee



Oranges

Hominy with Cream

Baked Eggs in Cream

Toasted White Bread—Butter

Minute Brew

Fresh or Canned Strawberries

Baked Mush with Maple Syrup

Minced Potato Toasted Whole Wheat Bread—Butter
Kaffir Tea



Grapefruit

Toasted Rice Flakes with Cream

Potato Cakes Graham Hurry-Ups—Butter
Buttermilk



Malaga Grapes

Shredded Wheat Biscuit with Cream

Hashed Brown Potatoes Corn Cake—Butter
Prune Sauce
Cocoa



Bananas

Cream of Wheat with Cream

Rice Patties Poached Eggs
Currant Gems Butter
Cereal Coffee



Oranges

Branola Mush with Cream

Soft Boiled Eggs Toasted Whole Wheat Bread—Butter
Minute Brew



Baked Sweet Apples

Cream Toast

Coffee Cake Butter Pear Sauce
Milk

Apples

Pearl Barley with Cream

Baked Potatoes

Toasted Graham Bread—Butter

Raspberry Sauce

Cereal Coffee



Grapefruit

Potato and Onion Hash

Bran Gems—Butter

Banana Toast

Minute Brew



DINNER MENUS

Vegetable Oyster Soup

Protose Steak with Onion or Savory Roast

Browned Potatoes

Mashed Summer Squash

Bread

Butter

Turnip Purée

Fig Pudding



Potato Chowder

Macaroni au Gratin

Mashed Sweet Potatoes

Fresh Spinach

Bread

Butter

Fruit Salad

Queen of Puddings

Lima Bean Soup
Walnut Roast with Chili Sauce
Radishes

Mashed Potatoes
Bread

Buttered Beets
Butter

Lemon Pie

☒

Tomato Soup

Baked Beans
Mashed Squash
Bread

Potato Loaf
Celery
Butter

Cottage Pudding

English Walnuts

☒

Vegetable Soup with Noodles
Baked Nuttolene or Corn Roast

Baked Sweet Potatoes
Bread

Boiled Onions
Butter

Lettuce with French Dressing
Indian Trifle with Custard Sauce

☒

Cream of Potato Soup

Macaroni and Kidney Beans

Parisian Potatoes

Egg Plant

Cabbage Salad

Bread

Butter

Peach Cobbler with Whipped Cream

☒

Cream of Corn Soup

Rice a la Carolina

Cottage Cheese

Buttered Vegetable Oysters

Macedoine Salad

Bread

Butter

Cabinet Pudding with Golden Sauce

Potato Soup

Braised Protose

Green Lima Beans

Bread

Butter

Combination Green Salad

Oranges

Filberts



Cream of Split Pea Soup

Corn and Cheese Souffle

Baked Potatoes in Cream

Buttered Cauliflower

Apple and Celery Salad

Bread

Butter

Cream of Rice Pudding



Cream of Bean Soup

Normandy Loaf

Green Peas

Browned Potatoes

Brown Cream Gravy

Lettuce with French Dressing

Vevey Pudding with Whipped Cream



SUPPER MENUS

Asparagus Tips on Toast

Stewed Tomatoes

Cream Cheese

Bread

Butter

Pear Sauce



Creamed Okra on Toast

Lettuce Sandwich

Date Surprise

Cocoanut Sticks

Spinach Croquettes		Onion Sauce
Rice	Plum Sauce	
Bread		Butter

Cookies

☒

Escalloped Potatoes		String Beans
	Cottage Cheese	
Bread		Butter
	Pineapple Bread Dessert	

☒

	Date Toast	
Hominy with Cream		Egg Sandwich
Bread		Butter
	Orange Fluff with Sauce	

☒

	Green Lima Bean Toast	
	Breaded Tomatoes	
Muffins		Butter
	Banana Dessert	

☒

	Egg Timbales—Tomato Sauce	
Baked Potato		Lettuce with Lemon
Bread		Butter

Pineapple Tapioca
Date Sandwich

☒

	Savita Rice Soup	
Potato Croquettes—	Bechamel Sauce	Cottage Cheese
	Tomato Sandwich	
	Malaga Grapes	

Vegetable Bouillon
 Steamed Rice with Creole Sauce
 Stuffed Tomatoes

Bread	Butter
Floating Island	Fruit Crackers



Escaloped Eggs

Creamed Corn	Lettuce with Mayonnaise
Bread	Butter

Baked Apple with Jelly



LUNCHEON MENUS

Asparagus Broth with Croutons
 Apple, Cheese and Nut Salad
 Ribbon Sandwiches
 Fig Tapioca with Whipped Cream



Cream of Potato Soup

Scalloped Corn	Tomato Salad
Nut Bread	Butter

Fruit Macedoine



Tomato and Celery Soup

Potatoes au Gratin	Green Peas
Bread	Butter

Lettuce with French Dressing
 Apricot Fluff

Tomato Bouillon

Snowflake Toast
Bread

Carrots Vichy
Butter

Orange Jelly with Whipped Cream
English Walnuts



Cream of Rice Soup

Baked Tomato on Toast
Bread

String Beans
Butter

Cocoanut Blanc Mange

Custard Sauce



Tomato Vermicelli Soup

Creamed Potatoes

Peanut Butter Sandwiches

Cream Cake

White Cherry Sauce



Nut and Vegetable Stew

Buns

Butter

Strained Honey

Caramel Cornstarch Pudding with Whipped Cream



Cream of Barley Soup

Baked Potatoes

Cream Cheese Salad

Bread

Butter

Pineapple Sauce

Oatmeal Hermits



Green Pea Soup

Scrambled Eggs

Escalloped Tomatoes

Ripe Olives

Bread

Butter

Pineapple Cream Dessert

Nut Cake

Cream of Celery Soup
 Creamed Carrots
 Baked Potatoes Head Lettuce with Lemon
 Bread Butter
 Brown Betty with Hard Sauce



EASTER MENU

Cream of Celery Soup Wafers
 Radishes Ripe Olives Salted Almonds
 Apple Fritters
 Fillet of Nut Meat
 Potato Puffs Fresh Asparagus Baked Onions
 Waterlily Salad
 White Bread Graham Bread
 Pineapple Cream Easter Cake
 Mixed Nuts Golden Nectar



WASHINGTON'S BIRTHDAY MENU

Washington Chowder
 Celery Radishes
 Roast Protose with Cranberry Jelly
 Baked Sweet Potatoes Buttered Cauliflower
 Italian Beets Potato Salad
 White Bread Butter Fruit Bread
 Apple Juice
 Cherry Pie Layer Cake
 Oranges English Walnuts
 Cereal Coffee

FOURTH OF JULY MENU

Iced Tomato Bouillon with Whipped Cream
 Nut Meat Loaf with Creole Sauce
 Savory Potatoes Peas in Cream Fresh Asparagus
 Summer Salad
 White Bread Butter Rye Bread
 Rice Biscuit
 New York Ice Cream Roxbury Cakes
 California Red Cherries Brazil Nuts
 Red Raspberry Nectar



THANKSGIVING MENU

 Cream of Chestnut Soup
 Celery Radishes Ripe Olives
 Nut Meat Pie Cranberry Sherbet
 Browned Potatoes Mashed Hubbard Squash
 Fruit Salad a la Creme
 Nut Buns Butter Graham Bread
 Pumpkin Pie Sanitarium Mince Pie
 Oranges Apples
 Minute Brew



CHRISTMAS MENU

 Macedoine of Fruit
 Cream of Mushroom Soup with Croutons
 Celery Radishes Ripe Olives
 Chestnut Pie Normandy Loaf with Cranberry Jelly
 Glazed Sweet Potatoes Creamed Brussels Sprouts

	French Salad	
Cinnamon Buns	Butter	White Bread
	Cream Puffs	
Steamed Fruit Pudding		Nuts and Raisins
	Minute Brew	



BANQUET MENUS

	Fruit Cocktail	Wafers
Radishes	Celery	Salted Almonds
Manhattan Soup		Toast Squares
Pressed Vegetable Meat		Stuffed Potatoes
Nut Fillet	Peas in Turnip Cups	
	Asparagus Tips	
	Cherry Nectar	
Head Lettuce with Mayonnaise		Yogurt Cheese
	Celery Sandwich	
	St. James Pudding with Whipped Cream	
Assorted Fruit		Cereal Coffee



	Salpicon of Fruit	
	Tomato Bisque	Rice Biscuit
Radishes	Pine Nuts	Ripe Olives
Nut Sausage with Savita Sauce		Diced Cucumbers
	Protose Roast with Dressing	
	Potatoes a la Maitre d'Hotel	
Asparagus Tips on Toast		Buns
Pineapple Sherbet		Apple Juice
	Apple and Celery Salad with Wafers	
French Floating Island	Vanilla Cakes	Assorted Fruit
	Creamed Cheese on Wafers	
	Minute Brew	

UNUSUAL FOODS REFERRED TO IN THIS BOOK

THE author realizes that reference has been made to a number of products that are not commonly on the market, although they are easily procured either through local representatives in most of the larger cities or directly from the factory, The Battle Creek Food Company, Battle Creek, Michigan. Most of the products are in use at the Battle Creek Sanitarium and since this book is primarily a Sanitarium Cook-Book, the book would not be complete without them. For the reader who is not familiar with these foods, we are giving the following brief description:

PROTOSE.—A meat substitute made from cereals and nuts, which has the appearance, flavor, composition and fiber of meat; containing the identical nourishing properties and serving the same dietetic needs as meat. It is prepared in almost any way that meat is served.

NUTTOLENE.—A pure nut product of the consistency of brick cheese. It slices nicely and it may be cooked as Protose. Used with Protose, it lends a splendid variety to the non-meat diet.

SAVITA.—A Pure Vegetable Meat Flavoring. For flavoring soups, broths, bouillon, sauces, gravies, etc. Rich in water soluble vitamin and entirely free from uric acid, urea, etc. so plentiful in meat extracts, yet has the appetizing flavor of choicest bouillon or chicken broth. Savita contains in addition to the flavor extractives of meat the wonderful growth-stimulating vitamin, water-soluble B., in highly concentrated form, in which meat extracts are deficient. It was this wonderful vitamin, in a preparation similar to Savita,

that saved the English army in Mesopotamia when stricken by beri-beri, acquired on a diet consisting largely of meats and meat extracts.

MELTOSE.—(Malt Honey) A delicious sweet with a slight maple sugar and honey flavor. Prepared wholly from cereals without the irritating effects of cane sugar. It is particularly recommended for those underweight—rich in vitamins, lime and iron, yielding strength and energy. Delicious when mixed with butter or rich cream.

MELTOSE SUGAR.—(Malt Sugar.) Pleasantly sweet with a maple and honey flavor. A substitute for cane sugar. Malt sugar is richer in food iron and lime than beefsteak, also rich in vitamins.

SANITARIUM COOKED BRAN.—An appetizing food, supplying the necessary roughage. Cooked, sterilized and ready to serve. Stimulates intestinal activity and is rich in vitamins.

VITA-WHEAT.—Consists of the best portions of wheat; rich in gluten, lime and iron and Vitamin B (the anti-neuritic vitamin). It is partially cooked by parching or toasting.

BRANOLA.—A breakfast food. It is two-thirds bran and is combined with other parts of wheat. It is the whole bran of wheat and carries with it a thick layer of gluten cells, thus combining nourishment and laxative quality. It is rich in iron.

ZO.—A Body-Building, Ready Cooked Cereal Breakfast Food. Abounds in food iron, lime and vitamins, and in the blood, nerve and body-building elements.

GLUTEN FLOUR.—A genuine gluten flour containing 44% of wheat gluten. Especially beneficial in cases of corpulency, diabetes and other conditions requiring a low starch ration.

MALTED NUTS.—A Delicious Nut Cream—Contains the same nourishing food values as human milk and is even richer in its tissue building elements. It has an appetizing flavor and can be used with excellent results by those with whom cow's milk is found to disagree. It is excellent for those who wish to gain in weight.

MINUTE BREW.—A cereal coffee made entirely from grains. It is instantly soluble in hot water and dissolves readily in cold water.

KAFFIR TEA.—A beverage having much the same aroma and flavor as tea without the tannic acid and caffeine. It consists of the leaves of a bush grown in South Africa. To the natives, the beverage is known as Bush Tea.

B. ACIDOPHILUS CULTURE.—A culture, as the name would indicate, of *Bacillus Acidophilus*—the strongest known lactic acid producing organism. When introduced into boiled milk at the right temperature and maintained at a favorable temperature for a sufficient length of time, makes a delicious sour milk preparation ordinarily known as "Acidophilus Milk" or "Acidophilus Buttermilk." It is highly recommended by physicians in case of intestinal disturbances.

VEGETABLE GELATINE OR AGAR.—A preparation produced from Ceylon moss, a seaweed that grows off the coast of Japan is a form of cellulose resembling bran in chemical composition but somewhat like animal gelatine in physical appearance. Agar is much used in Oriental lands as a food, taking the place of animal gelatine as used in this country. It has no nutritive value but is beneficial because of the bulk which, as has been previously stated, is a normal stimulus to peristaltic activity. Physicians often prescribe it. In addition to this use, it is a convenient vehicle for solidifying fruit juices and other liquid or semi-liquid foods.

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GERMAN DOUGH CAKES

2 lb. flour

1 lb. lard (soft)

1/2 lb. sugar

1/2 oz. salt (1/2 tsp.)

10 eggs (2 can be used or 2 sa
for kruper cakes)

2 cup milk

blend sugar and egg

add milk. Add salt. Mix in

little flour. Add salt. Add

2 cup flour.

